THE COOKBOOK OF JULIAN OF NORWICH

From Hazelnuts to Pottages

A Collection of Medieval Recipes

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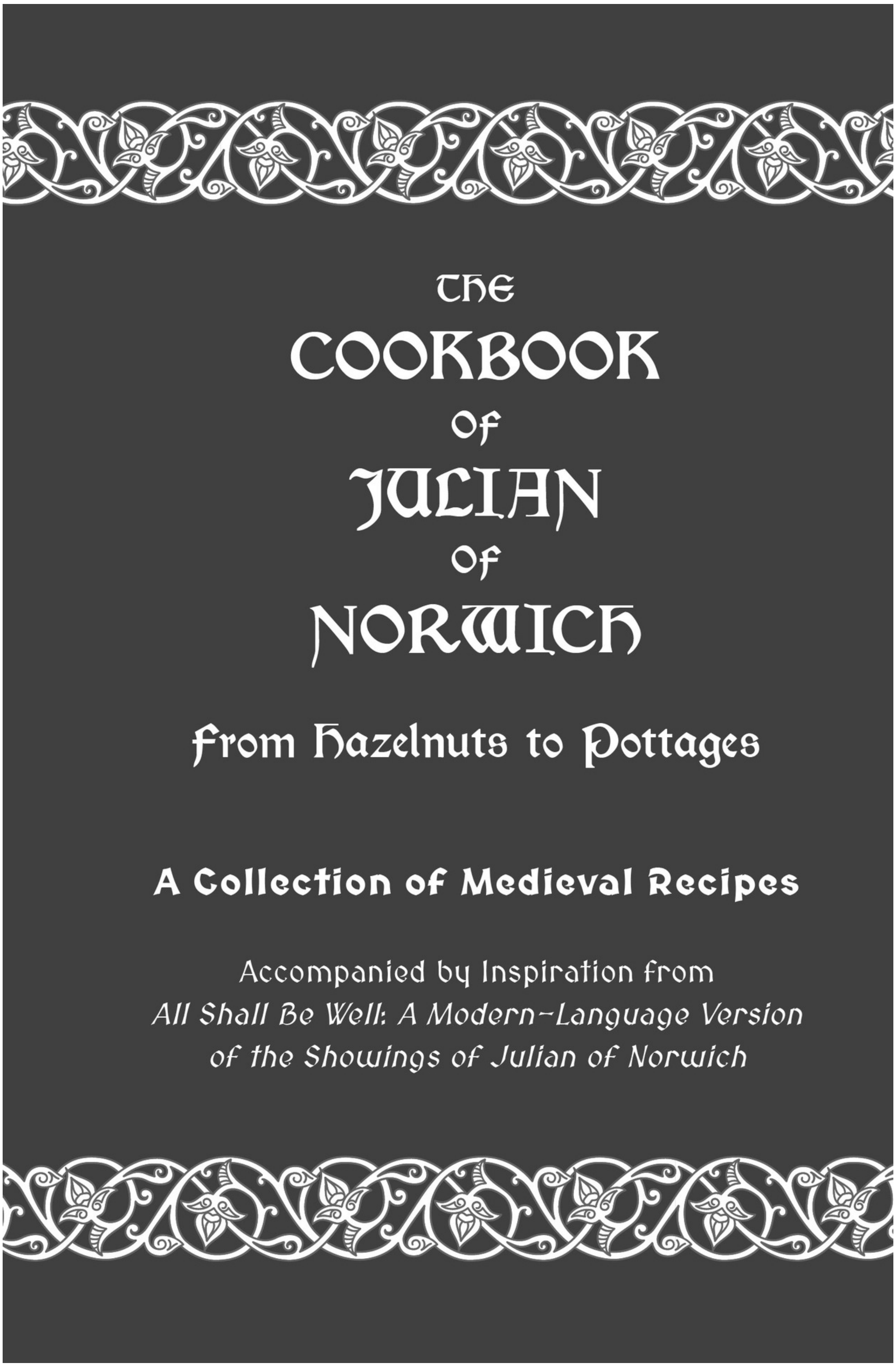

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Accompanied by Inspiration from
All Shall Be Well: A Modern-Language Version
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A Collection of Medieval Recipes

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All Shall Be Well: A Modern-Language Version of the Showings of Julian of Norwich

BY ELLYN SANNA

Anamchara
Books

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INTRODUCTION

The woman known today only as Julian of Norwich was born in late 1342, and she died around 1412. In May 1373, when Julian was thirty-one, she became sick enough that a priest was called to administer the last rites. While she lay on what she thought was her deathbed, she had a series of intense mystical revelations, which she called "showings." Shortly after this experience, she recovered from her illness. During Julian's time as an ordinary woman, perhaps a wife and mother, she would have likely eaten and prepared the recipes included in this book, which are all drawn from fourteenth-century cookbooks.

Imprisoned for God

At some point in Julian's life, however, she became an anchoress, committed to a life of prayer and meditation while confined to a cell adjoining a church—and at that point, her style of eating would have changed significantly. An anchoress's life was governed by a "rule," a written structure that prevented excess and abuse. Julian would have probably followed the Ancrene Rule, written early in the thirteenth century, which provided detailed instructions for an anchoress's life. As a result, she would have worn plain clothes and eaten simple meals while living in a small suite of rooms. She would have eaten twice a day between Easter and Holy Cross Day (September 14), and the rest of the year, she would have had only one meal each day. That single meal would have likely been pottage, stew, or perhaps cabbage soupÑordinary, simple fare.

Anchoresses-women who chose to be imprisoned for Godwere an accepted part of medieval life, serving a function a bit like a counselor or psychologist might today. Although they had chosen a living burial, dying to the world in a very practical way, these women continued to be active in their communities. Both nobility and commoners, rich and poor, would have come to Julian’s window, seeking her advice and guidance.

Her anchorage would have had three windows: one that looked into the church, through which she could listen to mass and receive communion; a second that opened into the outside world, allowing people to speak with her and hear her counsel; and a third that looked into an adjoining room, where a servant lived. Unlike Julian, the servant could come and go, entering Julian’s suite to bring food and do the cooking and cleaning, so that Julian’s time could be devoted completely to prayer and spiritual counsel.

Julian’s World

Julian’s era was one of turmoil and crisis. The Plague swept through England three times during Julian’s lifetime. At least half the population of Norwich died; the clergy and undertakers could not keep up with the dead bodies. Meanwhile, other diseases killed the cattle, and harvests failed. In 1381, when Julian was thirty-nine, people became so desperate they rose up in a revolt, looting the churches and monasteries. During Julian’s entire lifetime, England was at war with France in what is now known as the Hundred Years’ War.

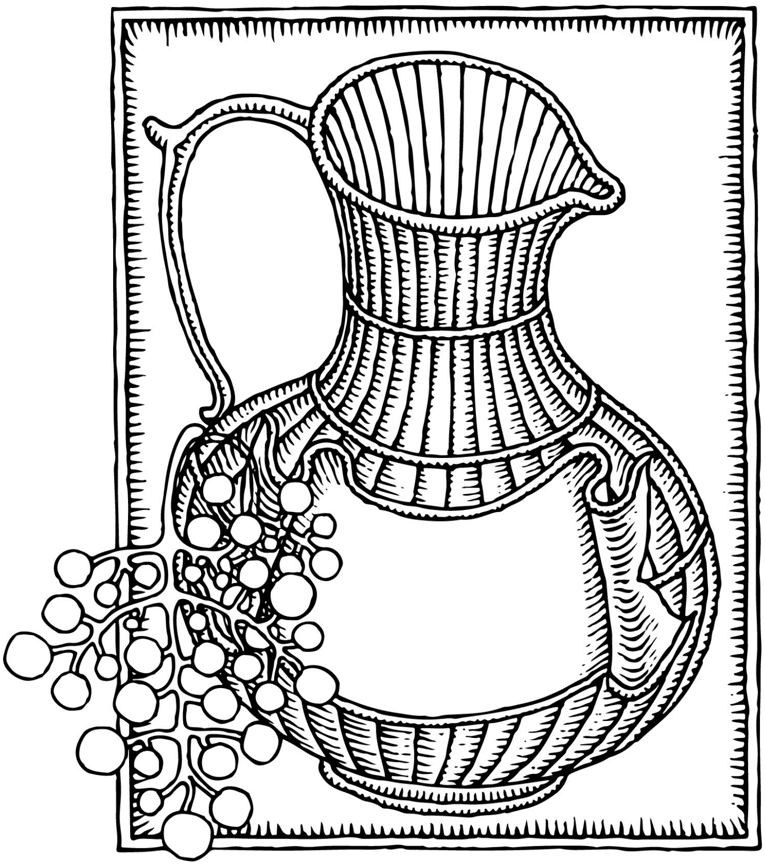
The Taste of Divine Love

And yet in the midst of all this turbulent uncertainty, Julian came to believe unshakably that “all shall be well, and all shall be well, and all manner of things shall be well.” Her comforting words speak to us today across the centuries. In our own times of anxiety and crisis, she assures us that God's love can never be dimmed or squelched.

Though Julian was very concerned with the spiritual world, she believed it was firmly rooted in this world—that the world of food and taste, of ordinary life and everyday actions, is the place where God reveals Divine love. Her book pairs well with recipes, for she writes again and again of the nourishment God gives to us and the sweet taste of the Divine. Joy and love are the two words that sum up her spirituality.

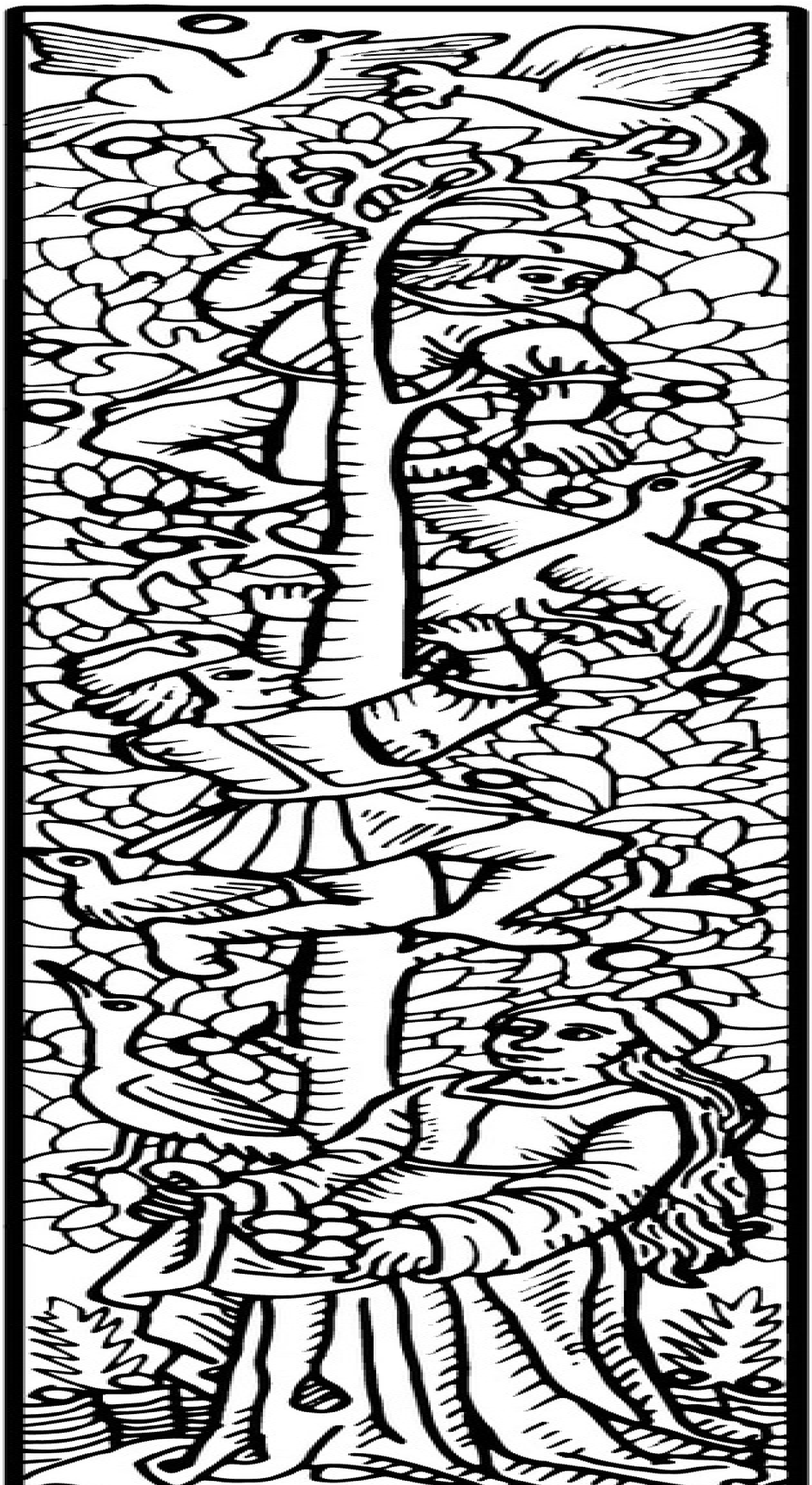
May this cookbook, based on the food of Julian's lifetime, give you joy and the certainty that you are loved.

BEVERAGES



The Divine Spirit is everything that comforts us and gives us pleasure.

– JULIAN



⁜ APPLE WATER

"A very pleasant drink is made of apples…"

Slice and core 6 apples for every gallon of water. (Do not peel.)

Add a little rosemary and lemon peel.

Boil the water and apples for an hour, being careful not to let the apples stick or burn.

Add sugar or honey to taste.

Bottle and chill.

Find comfort and pleasure!

Our entire life is threefold: in the first aspect, we have our being; in the second, we have our growth; and in the third, we have our fulfillment.

– JULIAN

⁘ CLARREY

"Temper it with good white wine…"

⁘ 1 bottle (750 ml) sweet white wine

⁘ 1–2 cups honey

⁘ 1 tablespoon cinnamon

⁘ 1 tablespoon ginger

⁘ 1 tablespoon cardamom

⁘ 1 teaspoon white pepper

FIRST ASPECT: BEING

Bring the wine and honey to a boil. Then reduce heat and skim off the scum. Taste for sweetness, and add more honey to suit your taste. Remove from heat, stir in spices, and allow to sit covered for 24 hours. Remove as much of the spices as possible with a spoon or ladle, and then strain the liquid through 2 or 3 layers of cheesecloth to remove the remaining spices. Bottle.

SECOND ASPECT: GROWTH

Wait a month to a year before serving.

THIRD ASPECT: FULFILLMENT!

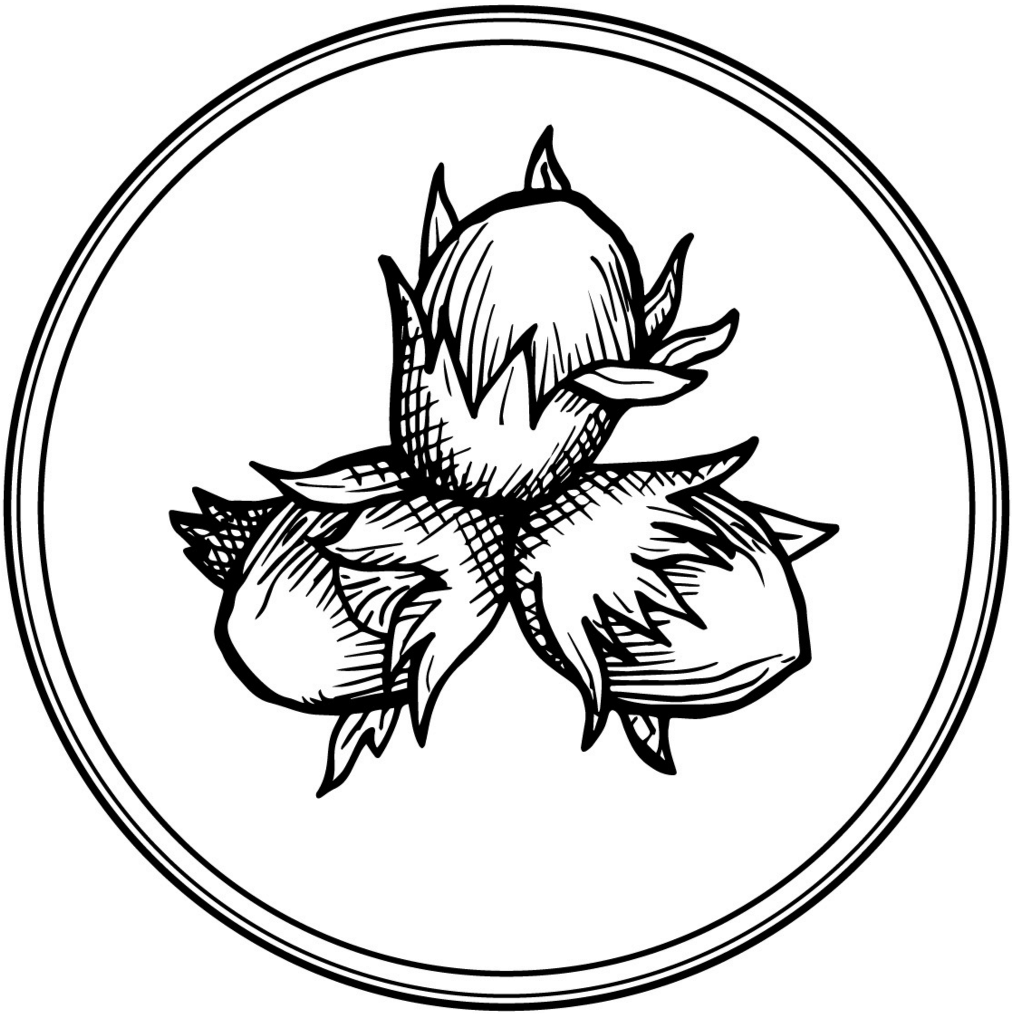
Serve and enjoy!

The three strands of our life: being growth, and fulfillment.

The word "clarrey" came from the Latin vinum claratum, "clarified wine." Today's word "claret," referring to a dry, red wine, comes from the same root.

The Spirit showed me a tiny thing the size of a hazelnut…"This is everything that has been made. This is all Creation."

– JULIAN



⁜ HAZELNUT MILK

"Better than a tisane…"

⁜ 1 cup ground blanched hazelnuts

⁜ 2 cups water

Put nuts in large pan with water and heat until water boils. Reduce heat and allow to simmer for 5 minutes, stirring occasionally. Strain the liquid through a cheesecloth to remove coarse pieces (or, for a modern adaptation, blend until smooth in a blender). Chill before serving.

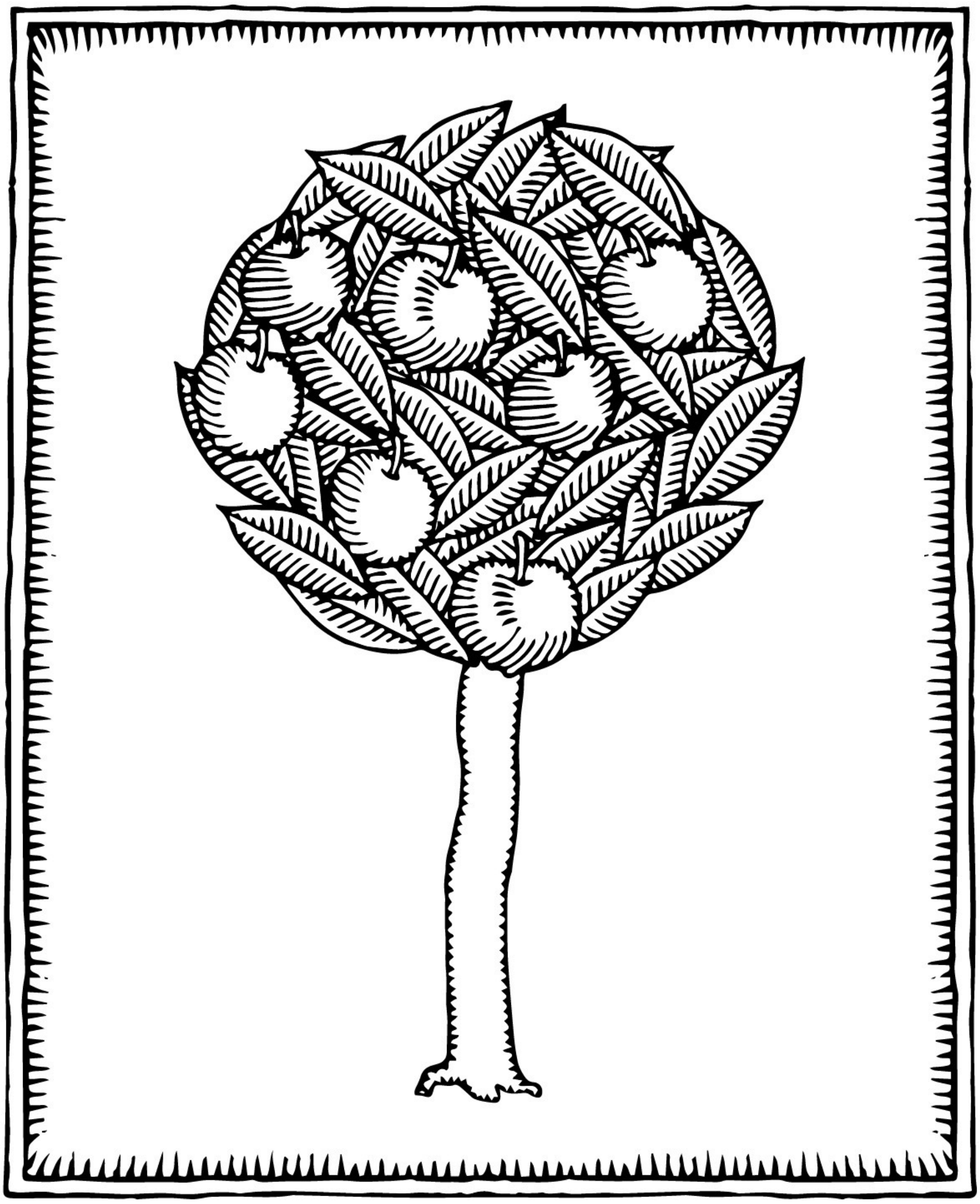
Add honey as desired for sweetness. Drink alone or as nondairy creamer in coffee.

Enjoy the sweetness of Divine Creation!

Nut milks, made from boiling together ground hazelnuts, almonds, or walnuts with boiling water, were a common beverage in Julian's day, used both as a substitute for milk and as an ingredient in stews and other dishes.

Just as the joyful Trinity made everything
out of nothing, so the same Trinity
can make well all that is not well.

– JULIAN



⁜ LAMBS WOOL

(A Wassail Drink)

“Rejoice and wassail!”

⁜ 6 1/3 cups traditional real ale (or cider)

⁜ 6 small cooking apples, cored

⁜ 1 teaspoon ground nutmeg

⁜ 1 teaspoon ground ginger

⁜ 2/3 cup brown sugar

Preheat the oven to 250ºF. Place cored apples in a lightly greased shallow baking pan about 2 inches apart and bake for about an hour until they become soft and pulpy. (The skins should peel easily from the flesh.) Remove from oven and allow to cool.

Put sugar in a large, deep thick-bottomed saucepan, and add enough ale (or cider) to cover the sugar. Heat on stovetop gently, stirring continuously until the sugar has dissolved. Then add in the ginger and nutmeg. Simmer and continue to stir, slowly adding in the rest of the ale (or cider). Leave for 10 minutes on low heat.

Scoop out the baked flesh from the apples into a bowl, discarding the skin. Mash this apple pulp with a fork into a smooth purŽe with no lumps. Add the apple mush into the ale (or cider), mixing it in with a whisk.

Keep the saucepan on a low heat for 30 minutes. When warmed thoroughly, briskly use the whisk again for a couple of minutes to froth up the mixture and mix everything together. The apple and light froth will float to the surface, creating the “lamb’s wool.”

Ladle the hot liquid into mugs or heatproof glasses and sprinkle with nutmeg.

Believe: all is well!

In Julian’s day, the custom of wassail was performed on January 5, the eve of Epiphany. “Wassail” was a Saxon word that meant, literally, “be whole, be healthy, be hale!” The guest would shout out “Was hail!” and the host would return, “Drink hail!”—and all would then drink from the wassail cup.

Just as the joyful Trinity made everything out of nothing, so the same Trinity can make well all that is not well.

– JULIAN

⁘ PLAGUE WATER

"Good against all manner of dis-eases…"

⁘ 1 pound bergamot (bee balm) blossoms or leaves

⁘ 1 pound rosemary leaves

⁘ 1 pound sage leaves

⁘ 1 pound sorrel leaves

⁘ 1 pound elderberries

⁘ 1 pound mullein leaves (do not use the seeds)

⁘ 1 pound licorice roots

Put herbs in a pot and cover with white wine. Let stand four days. Bottle and drink a little daily to prevent illness.

Be whole!

When Julian was seven years old, the Black Death arrived in Norfolk. By the next year, about half of the entire population was dead from the terrible disease, and the Plague swept through her community three more times during her lifetime.

No one understood what caused the illness, and there was no cure for it. "Plague waters," however, were drunk as preventatives, and modern research indicates that their ingredients do indeed strengthen the immune system.

Bergamot (also known as bee balm) is an antibacterial agent. Rosemary is anti-inflammatory and a cancer inhibitor. Sage is antimicrobial and anti-inflammatory. Sorrel is an antioxidant and contains vitamin C, making it a good preventative for both cancer and the common cold. Elderberries are antiviral and antibacterial; they've been recently proven to be powerful agents against various flu strains. Mullein has been proven to help treat tuberculosis, and it has antibacterial properties. Licorice is antibacterial, and is a good treatment for colds.

We shall leap from our bodies ...perfectly formed and lovely, as clean and new as a flower.

– JULIAN

⁘ ROSE-&-LAVENDER WATER

“Soothing to the well-fed belly…”

⁘ 1 cup rose and lavender petals

⁘ 2 cups water

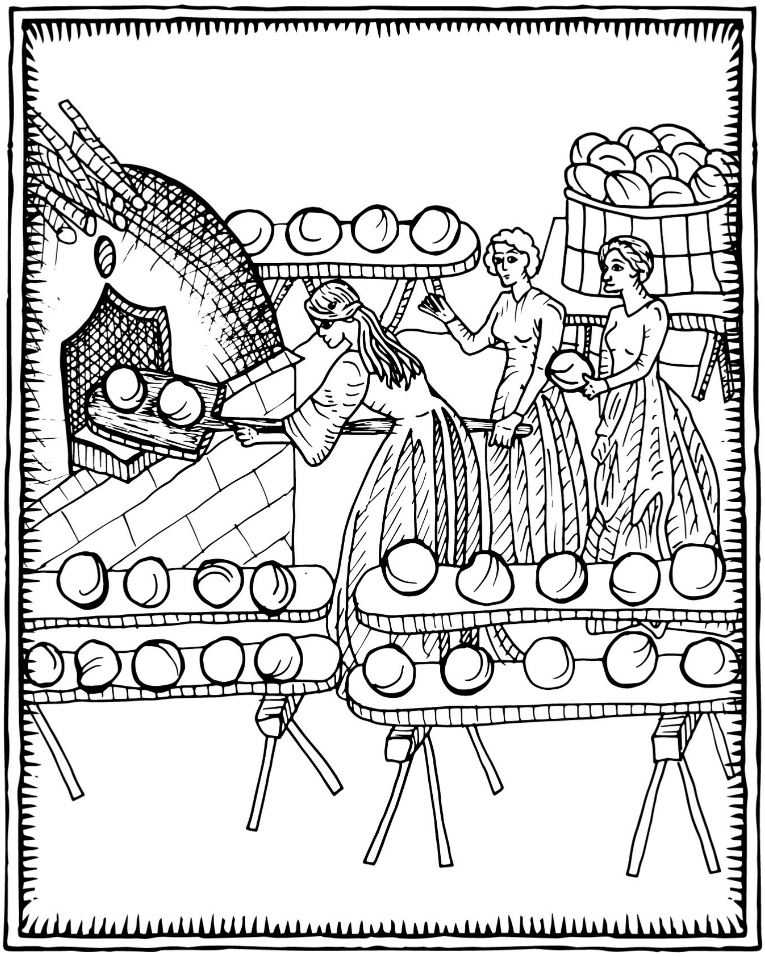
⁘ sugar or honey

Soak the petals in the water for one night. Press, but not squeeze, the water from the petals and reuse them as needed. Mix sugar or honey into the water to taste. Chill and serve cold.

Rise and shine. Believe in the resurrection!

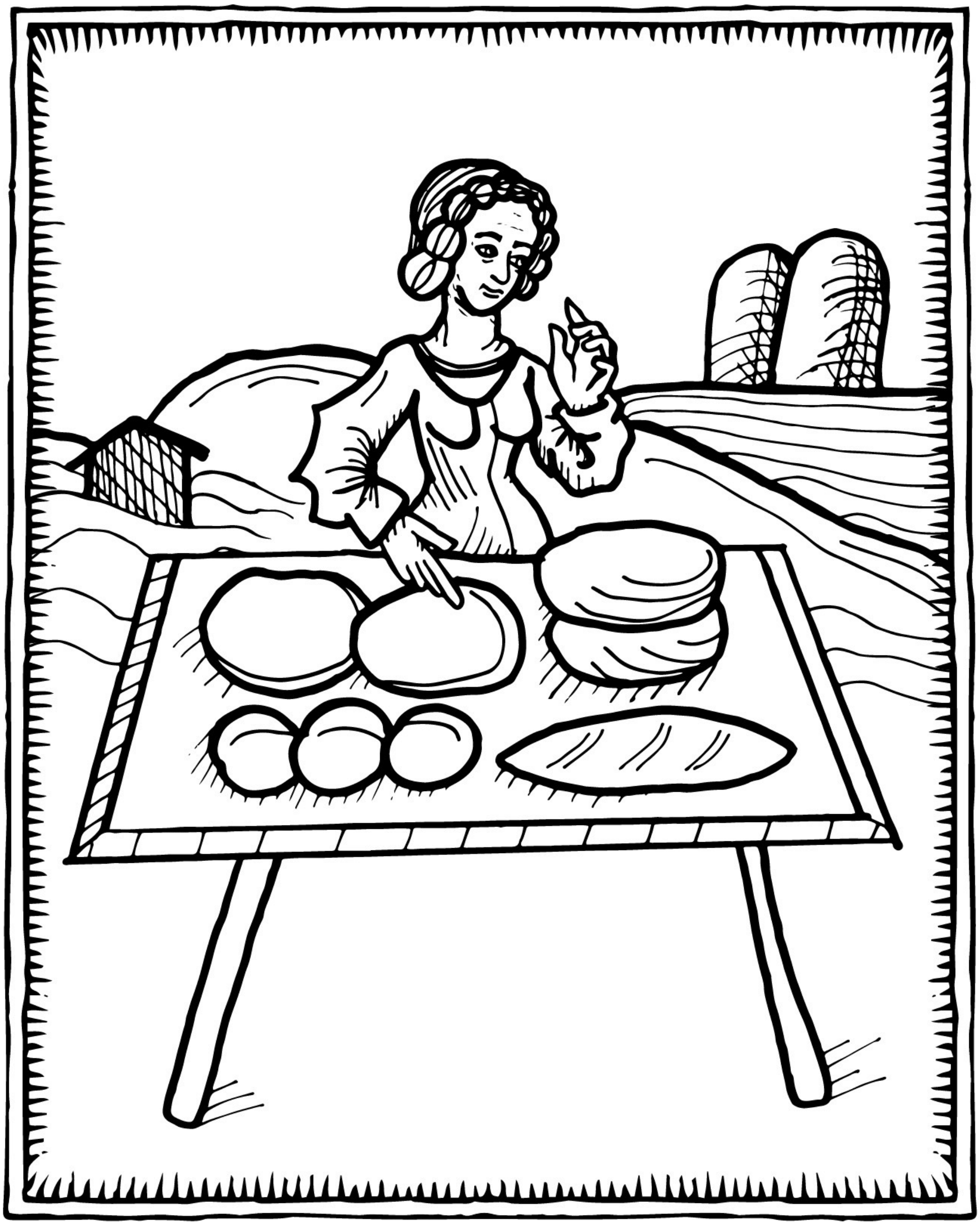
Rose-and-lavender water was a popular beverage for women during Julian’s day. It was considered to be both refreshing and medicinal.

BREAD



Christ became flesh and blood …
was wounded and died, …
and binds us to Himself in endless life.

– JULIAN



⁘ CRUSTY WHEELS

“Serve them forth hot
in a dish at Lenten time…”

- **2 cups flour**
- **3 eggs**
- **dash of salt**
- **pinch of saffron**
- **olive or vegetable oil (for frying)**

Put the flour in a mixing bowl. Beat the eggs, saffron, and salt and pour into the flour. Mix well, adding a little more flour if the mixture seems too wet, or a little water if too dry. Separate the dough into balls about a half-inch in diameter and then roll them out as thinly as possible, until they are about 2 to 3 inches in diameter. Fry in hot oil until the edges turn brown (about 3 minutes), then flip and continue frying until golden brown (about another 2 minutes). Best served hot, as a kind of before-dinner cracker. May also be sprinkled with powdered sugar or with sugar and cinnamon for a sweet treat. Makes 12 to 15 wafers.

Savor the taste of endless life!

These "wheels" would have been about the same size as a medieval communion wafer, making them a good food to eat during Lent as a reminder of Christ's death.

Christ planted the seeds of Divine action in Mary's humble and gentle soil.

– JULIAN

⁜ SEED CAKE

“Take the seeds of fair flowers
to sweeten your bread…”

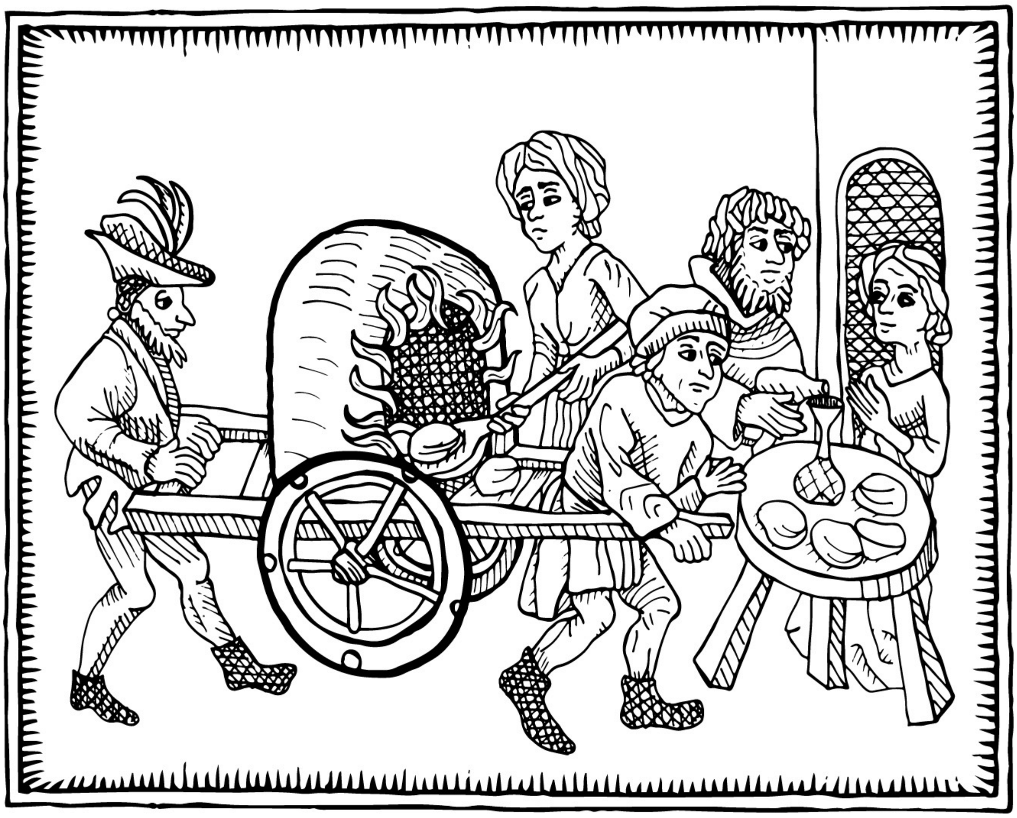
- **⁜ 1 1/2 cups flour**
- **⁜ 1 cup whole-wheat flour**
- **⁜ 1/8 teaspoon salt**
- **⁜ 1 package yeast**
- **⁜ 1/8 cup warm (100ºF) ale or beer**
- **⁜ 1/2 cup (1 stick) butter**
- **⁜ 3/4 cup sugar**
- **⁜ 2 eggs, beaten**
- **⁜ 1 tablespoon seeds (crushed anise, caraway, coriander, or cardamom: anything flavorful and pleasant)**
- **⁜ 1/2–1 cup milk**

Sift together the flour and salt, and set aside in a large bowl. Dissolve the yeast in warm ale or beer, along with 1/8 teaspoon of the flour mixture. Cream together the butter and sugar; then beat in the eggs and seeds. Fold yeast mixture into the flour, then fold in the butter. Slowly beat in enough milk to make a smooth, thick batter. Pour batter into an 8-inch round greased cake pan. Bake in middle of oven at 350¡ F for 45 minutes, or until a toothpick inserted in the center comes out clean. Let cool slightly before turning cake out onto a cake rack.

Let Divine seeds take root
in your life!

This type of sweet, cake-like round bread was very common during Julian’s day.

> *For the food of mercy … is bountiful,making us beautiful and clean.*
>
> – JULIAN



⁜ WAFERS

“Take the womb of a pike and add tender cheese…”

⁜ 1 dozen eggs, beaten

⁜ 3 cups flour

⁜ 1/3 cup sugar

⁜ 1 tablespoon ginger

⁜ 1 1/2 cup grated cheddar cheese

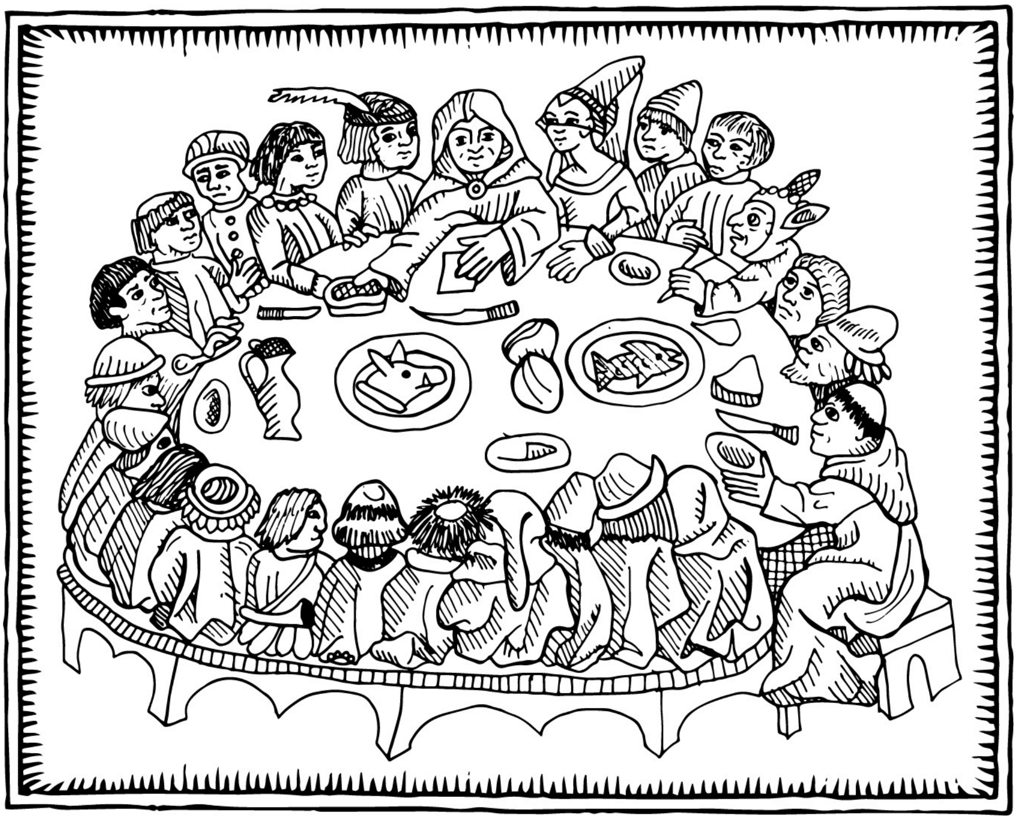
⁜ 1/2 teaspoon salt

Beat together all ingredients to make a thick batter. Use a modern waffle iron to make wafers, being careful to clean melted cheese from the waffle iron between batches. The finished wafers should be light brown. Serve hot or cold, with honey. Makes about 10 waffles.

Eat from Divine bounty!

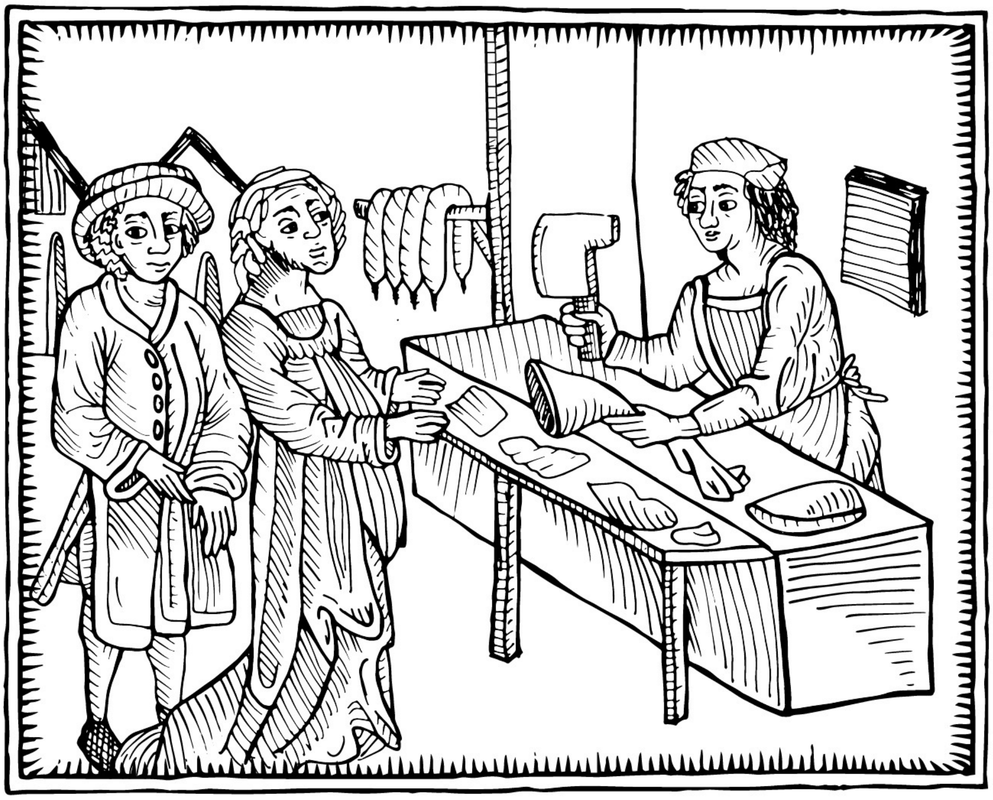
Wafers were the popular snack food of Julian’s day. In cities and towns, wafer-sellers, much like pretzel-sellers in modern-day Manhattan, stood on street corners, making these hot crispy treats for passersby. The original recipe has as one of its main *ingredients the womb of a pike, which would make that version a Lenten snack, but we have left out that particular ingredient from our version!*

MEATS & FISH



For God does not hold back from a single aspect of Creation, nor does the Divine One disdain to serve us in the simplest and most ordinary ways.

– JULIAN



⁜ CORMARY

(Roast Pork in Wine Sauce)

"Prick the meat well with a knife…"

⁜ 1 teaspoon coriander

⁜ 1 teaspoon ground caraway seed

⁜ 1/2 teaspoon pepper

⁜ 1 tablespoon minced garlic

⁜ 1 cup red wine

⁜ 1 teaspoon salt

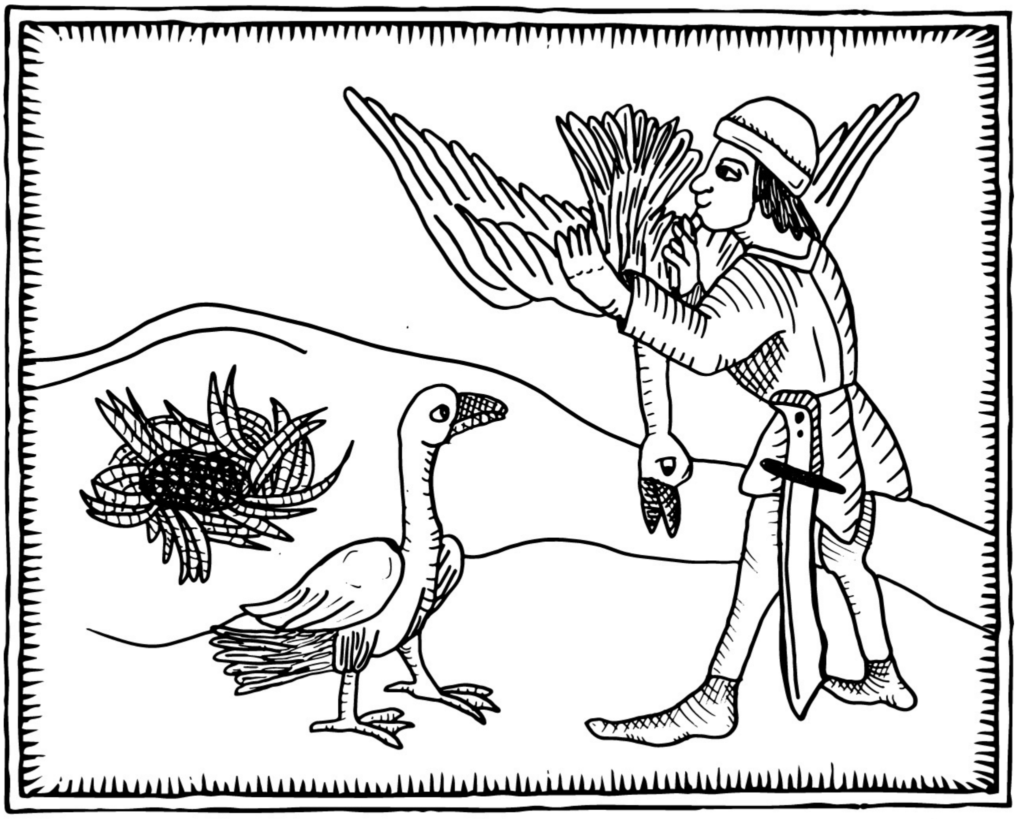
⁜ 1.5-pound pork loin roast

Use half the sauce as a marinade, and marinate the roast for several hours, then cook at 350ºF for an hour or until done. Mix the pan juices with the remaining marinade mixture to make a sauce, and simmer until it reduces to half its volume. Serve the roast sliced thin and rolled or in dipping size chunks, with the sauce in a dipping bowl. Serves 6.

Eat … enjoy … find God!

Whatever goodness we experience in this life is truly a taste of God.

– JULIAN



⁜ GOOSE

"Take sage, parsley, savory, quinces and pears,
garlic and grapes, and fill the goose therewith…"

⁜ 1 goose (6 to 9 pounds)

FOR THE STUFFING:

⁜ 2 quinces or sour apples, chopped

⁜ 2 pears, chopped

⁜ 2 tablespoons chopped parsley,

⁜ 1 teaspoon ground sage

⁜ 2 garlic cloves, chopped

⁜ 20 to 30 grapes, white or red

FOR THE SAUCE:

⁜ 1 tablespoon goose grease (from roasting pan)

⁜ 1 small onion, chopped

⁜ 2 cups chicken stock

⁜ 1/4 cup red wine

⁜ 1 tablespoon red wine vinegar

⁜ crumbs from 3 lightly toasted slices of bread

⁜ pinch each of cinnamon, mace, cloves

⁜ salt to taste

⁜ the neck and giblets of the goose

Preheat the oven to 350ºF. Stuff the goose and place the goose on a rack on a roasting pan. Place the goose in the oven, baste it regularly with the pan juices. When the goose is done (after two and a half to three and a half hours, depending on the size of the goose), take it out of the oven, let it rest for ten minutes, covered with foil.

Heat some of the goose grease from the roasting pan in a saucepan. Fry the onion in it. Add the chicken stock, red wine, and breadcrumbs. Let this simmer until the sauce has thickened. Now add the spices and wine vinegar. Bring to the boil once more. If the sauce is too thick, add wine; if it‘s too thin, add breadcrumbs.

Remove the stuffing from the goose and place in a serving bowl. Slice the goose, and serve on a platter. Serve the sauce in a gravy bowl. A good holiday meal that serves 10 to 15 people.

Taste goodness … taste God!

His Holy Presence welcomes our hearts with total hospitality.

– JULIAN

⁘ HEN IN BOKENADE

(Stewed Chicken)

"Serve it forth for a good meat to thy guests…"

⁘ 1 whole chicken

⁘ chicken broth (optional)

⁘ 1 small bunch parsley, chopped

⁘ 2 tablespoons chopped sage leaves

⁘ 1 teaspoon each mace and cloves

⁘ 1 dozen egg yolks, beaten

⁘ 1 tablespoon ginger

⁘ 1/2 cup red wine vinegar

⁘ 1/8 teaspoon saffron

⁘ 1/8 teaspoon salt

Place the chicken in a large pot; cover with water or chicken broth, and bring to a boil. Reduce to a simmer, and continue cooking until the meat is tender enough that it falls from the bone. Remove from the broth and allow to cool. Pick the meat from the bones, discarding the fat and skin, and cut into large chunks. Place meat in a separate large pot. Strain the broth to remove all meat, fat, and bones. Add just enough of the broth to the chicken in the pot to cover the meat. Add the herbs & bring to a boil, then reduce heat. Beat in the egg yolks, spices, and vinegar, and simmer until thick. Serves 6 to 8.

Hospitality is an opportunity to welcome God into our midst.

A bokenade was originally a dish of stewed veal, but it later came to include other stewed meats, such as chicken. In Julian's day, a bokenade would have been served as a side dish to the main meat.

When God made the human body, the Divine Hand used … a mixture of all the tiny pieces that make our world.

– JULIAN

⁜ HOTCHPOTCH

(Meat & Vegetable Stew)

“Stir it often lest it burn…”

⁜ 1 pound stew beef

⁜ 1 pound pork, cut in chunks

⁜ 1 lamb’s shank

⁜ 1 cabbage, chopped

⁜ 4 onions, chopped

⁜ 6 carrots, chopped

⁜ 6 small turnips

⁜ 3 apples, sliced and cored

⁜ teaspoon ground thyme

⁜ tablespoon chopped parsley

⁜ 3 bay leaves

⁜ teaspoon peppercorns

⁜ salt to taste

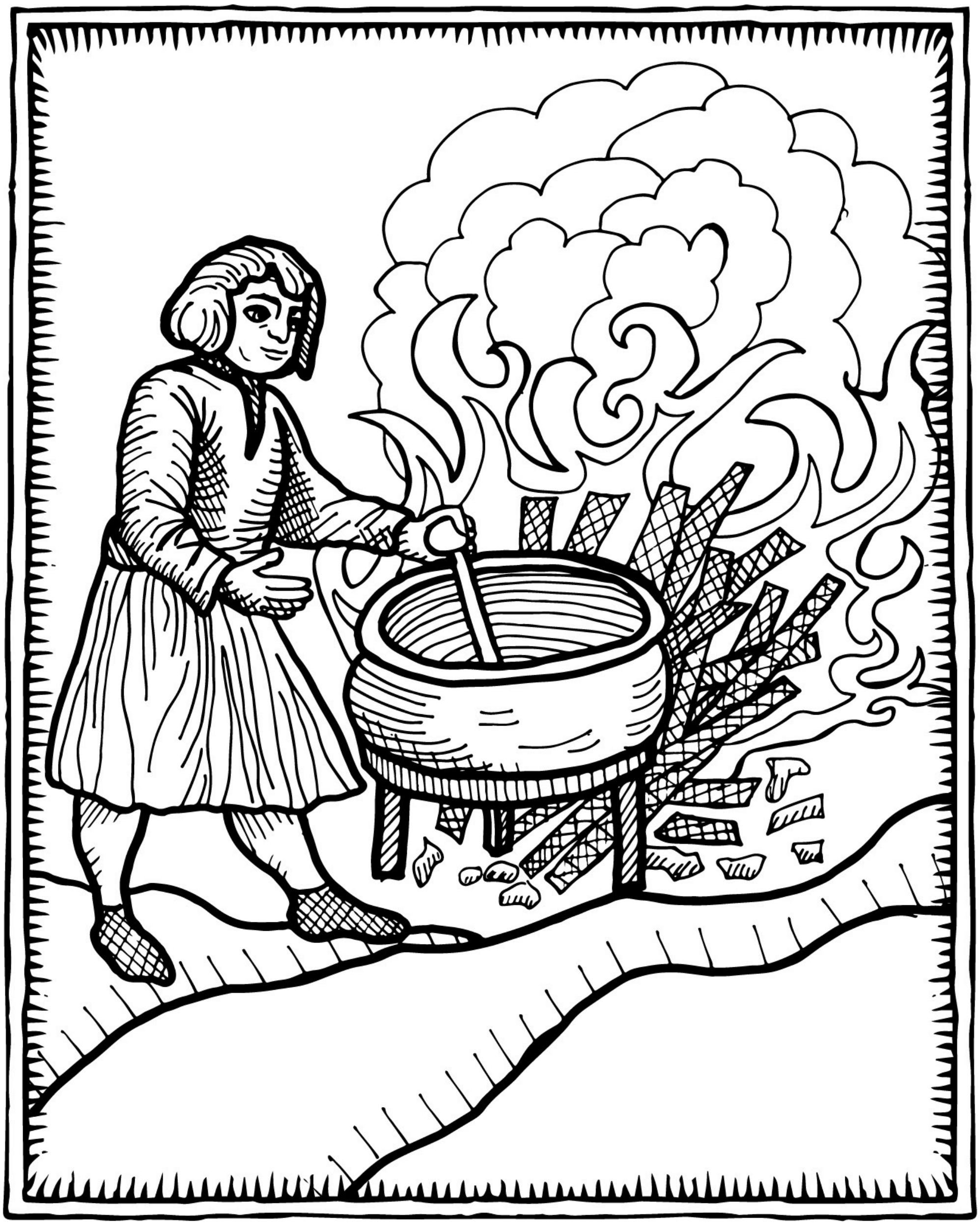
Place ingredients in a large pot and cover with water. Bring to a boil. Skim off fat and continue to simmer for three hours, until the mixture is thick. Serves 8.

We are each a Divine hotchpotch, made of Earth and Spirit.

A "hotchpotch" was a common dish in Julian's day. From this word, we get our modern "hodgepodge" (a mixture of things) and "hotchpot" (a legal term where shares of a property are brought together to be divided equally between heirs).

Our souls are alive, filled with life that shall endure without end, thanks to God's goodness and grace.

– JULIAN



⁜ MAWMENNY

(Chicken Stew)

“Warily, use a slow fire…”

- **⁜ 1 pound chicken**
- **⁜ 2 cups almond milk**
- **⁜ 2 egg yolks**
- **⁜ 2 tablespoons flour**
- **⁜ 1 tablespoon sugar**
- **⁜ 1/4 teaspoon salt**
- **⁜ 1/8 teaspoon cinnamon**
- **⁜ 1/8 teaspoon cloves**
- **⁜ 1/8 teaspoon mace**
- **⁜ pinch saffron**

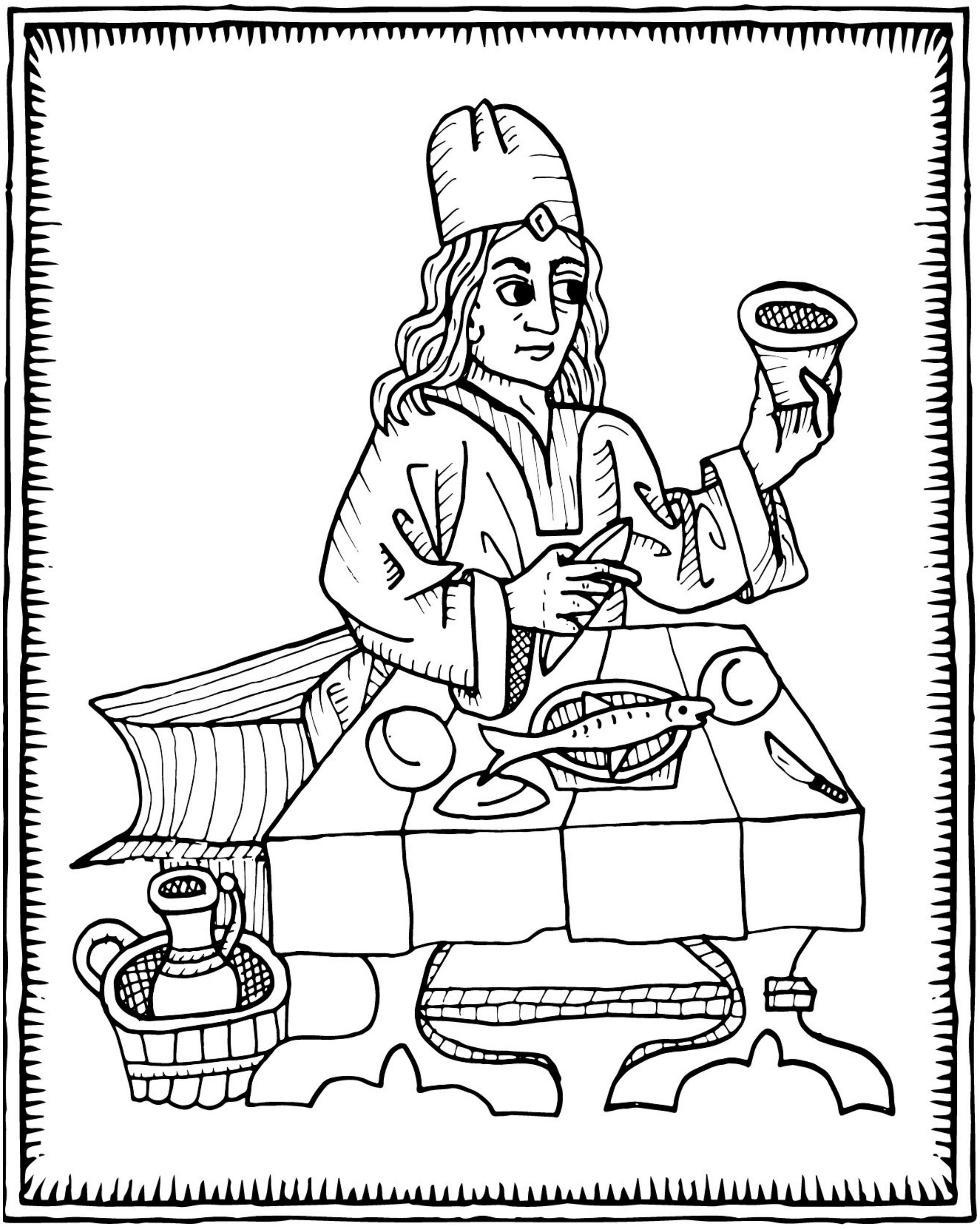
Chop the chicken finely and place in a large pot. Whisk together almond milk with egg yolks and flour, and add to chicken. Add spices and bring to a low boil. Simmer until thick, and serve hot. Can be served over rice. Serves 4.

This life is a foretaste
of Divine grace.

In Julian's day, mawmenny would have most likely been served in a bowl over bread or toast.

We grow, rooted in the soil of this world, nourished with Divine mercy, and the Holy Spirit breathes into us the gifts that lead us to endless life.

– JULIAN



⁘ POACHED SALMON

“Make your broth sharp with some vinegar…”

⁘ 1 cup water

⁘ 1 cup beer or ale

⁘ 1/4 cup white wine vinegar

⁘ 1/4 teaspoon salt

⁘ 3 tablespoons chopped fresh parsley (or parsley flakes)

⁘ 1 teaspoon thyme

⁘ 1 teaspoon rosemary leaves

⁘ 4 salmon steaks (any variety of fish may be substituted)

Combine all ingredients except the fish in a saucepan, and bring to a boil. Reduce heat to a simmer. Place fish in a shallow baking dish and add enough of the liquid mixture to immerse 2/3 of the fish. Cover baking dish, and bake in a 400¡F oven for about 15 to 20 minutes, or until fish becomes tender and flakes when poked with a fork. Remove fish from baking dish and serve.

Both Divine mercy and this world’s nourishment help us grow.

> *At the exact point where our souls are connected to our flesh and senses, at that same point God built the Divine Home.*
>
> – JULIAN

⁜ POMMEDORRY

(Meatballs)

“Take beef and hew it small…”

⁜ 1 pound ground beef
⁜ pinch of saffron
⁜ 2 eggs, with yolks separated from the whites
⁜ 1/4 teaspoon ground pepper
⁜ 2 tablespoons raisons
⁜ 2 tablespoons currants

Mix beef, egg whites, seasoning, raisons, and currants together. Shape into balls. Boil water in a saucepan. Drop meatballs into boiling water and cook. When done, drain and cool. Paint with beaten egg yolks and bake for another 10 minutes in a 350ºF oven. Serve warm or cold.

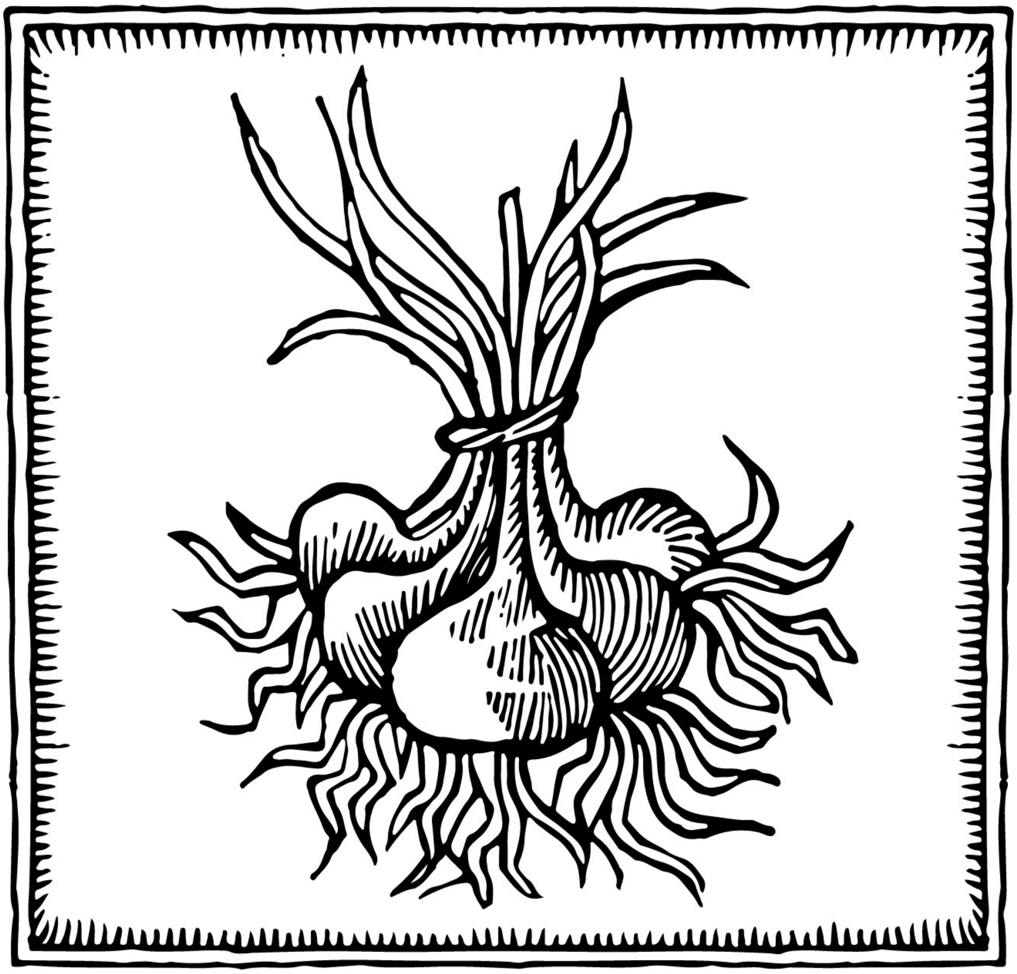
God is at home in kitchens
and around dinner tables.

“Pommedorry” came from the French words “pomme d’oro”: “golden apple.” During Julian’s day, cooks loved to make foods look

like other foods—meats that looked like fruit, cakes that looked like meat. Such tricks tickled the medieval fancy.

The Divine Touch is not something out of the ordinary; it is grounded in the very nature of our being.

– JULIAN



⁘ STEWED BEEF

"Take fair ribs of beef…"

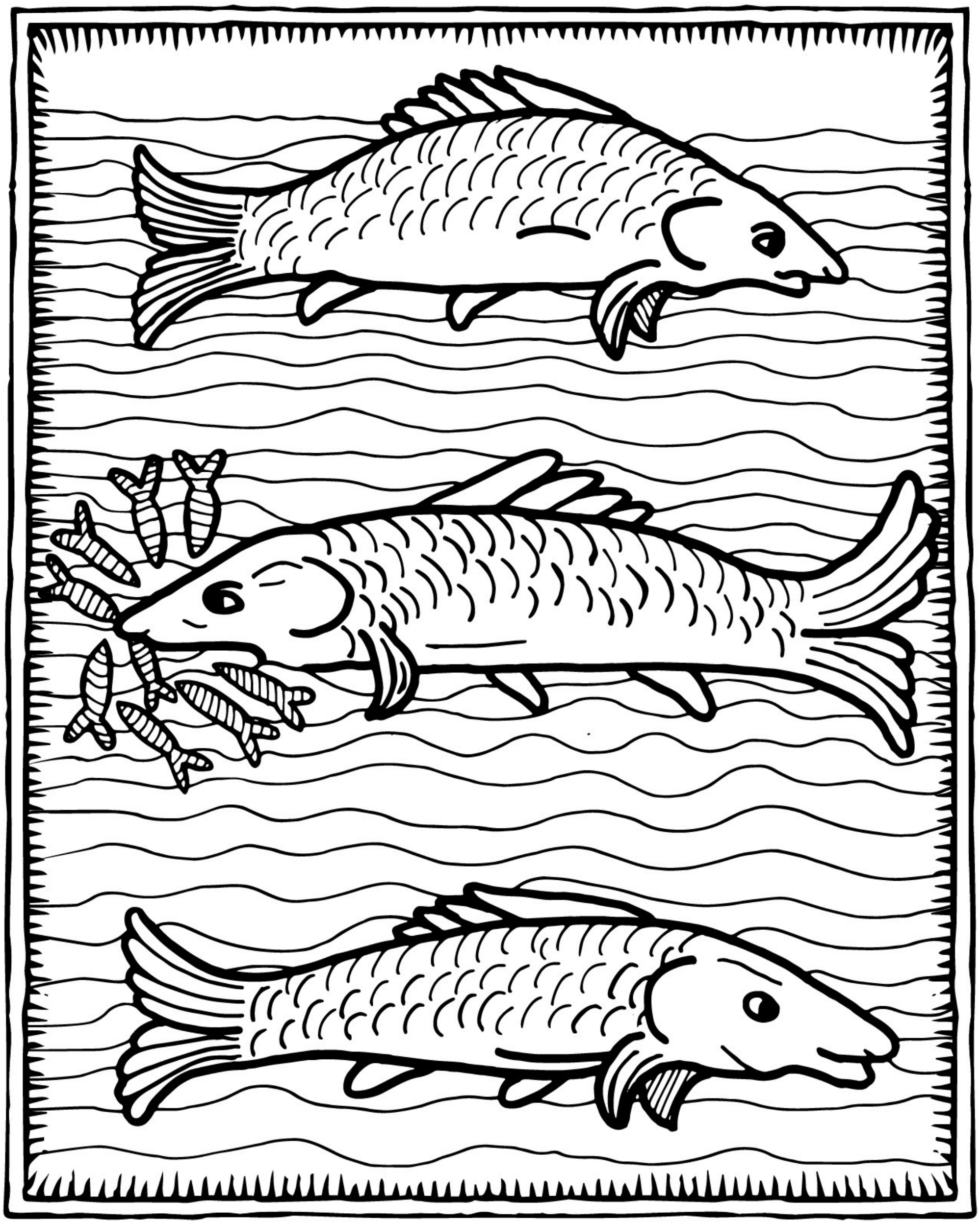
- **8 pounds beef ribs**
- **1/2 cup fresh parsley, chopped**
- **1 or 2 large onions, minced**
- **2 cups currants**
- **1 tablespoon each pepper, cinnamon, & cloves (or use to taste)**
- **pinch of saffron**
- **1 teaspoon salt**
- **12 cups red wine**
- **1 1/2 cup red wine vinegar**

Roast or grill the beef until done; place in a large baking pan. In a separate pot, combine all the other ingredients. Bring to a boil, then reduce to a simmer and cook until currants are soft, and the onion is cooked. Pour this mixture over the beef; cover the baking pan with foil and place in a 400ºF oven for a half hour to 45 minutes. Remove from oven. Place the beef on a serving platter and spoon on currants, onions, and syrup. Serves 8.

Eat … taste … touch God.

Our souls are driven forward by the emotional cycles we all experience: … The Divine One keeps us equally safe in sadness and in happiness.

– JULIAN



⁘ SWEET & SOUR FISH

"Hold the sauce above and serve it forth."

⁘ fresh fish, either whole or in fillets, enough to feed 2-3 people

⁘ olive oil

⁘ 2 cups red wine vinegar

⁘ 1/3 cup sugar

⁘ 1 medium onion, minced

⁘ 1/2 teaspoon each mace and cloves

⁘ 1 teaspoon ground black pepper

Poach the fish in water until just done; remove from water and allow to drain well. In a saucepan, combine the red wine vinegar, sugar, onions, and spices. Taste for sweetness and flavor and adjust to achieve a proper balance between vinegar and sugar. Bring to a boil; then reduce heat to medium. Continue cooking until the onions are thoroughly soft. In a frying pan, heat a little olive oil. Fry the fish on both sides in the hot oil until it's a crispy light brown. Remove from the oil and drain. Place the fish in a serving platter and ladle the sauce on top. Serves 2 to 3.

Sweet and sour, sadness and joy … the Divine One uses it all.

During Julian's life, fish was a common meal, especially during Lent. Before she entered her anchorage, she, along with everyone else in her community, would have observed the season of Lent by abstaining from the consumption of meat (including poultry), animal fats, milk, or eggs from Ash Wednesday to Easter, except on Sundays (which were feast days). (After she became an anchoress, her observation of Lent was even more severe.)

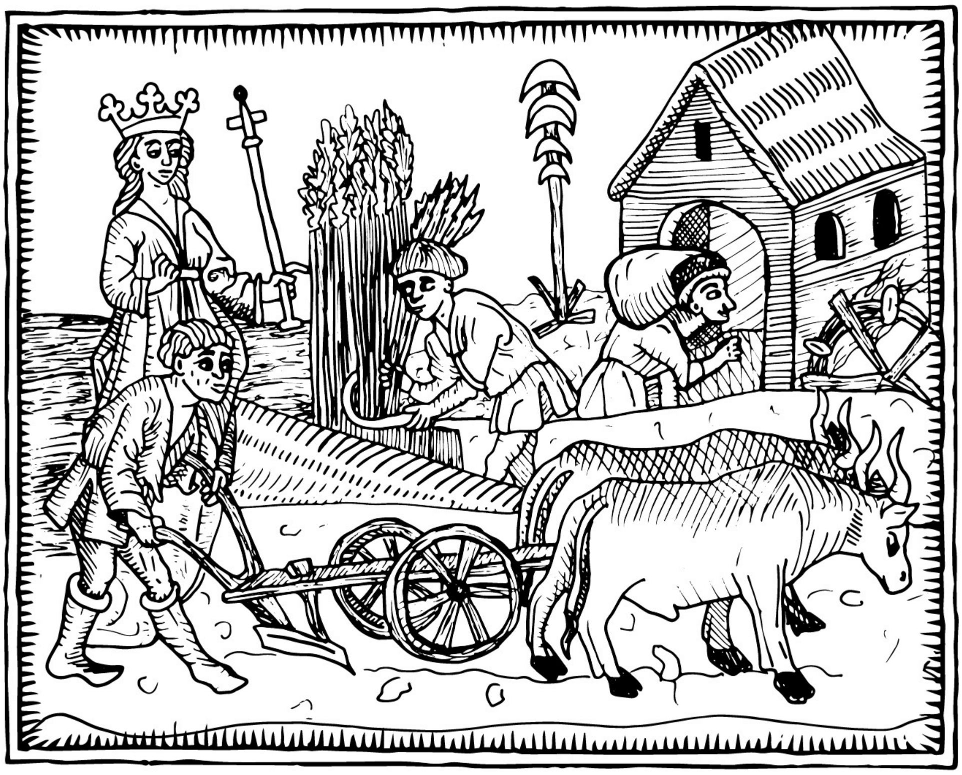
Lent, which begins about one month before the Vernal Equinox, comes from the Anglo-Saxon word that means, "spring." This was a time when the entire community focused on sacrifice in order to identify with Christ's death. However, it was also a good example of eating seasonally. After the winter, provisions were starting to run low. New crops weren't growing yet, hens weren't laying as much, and cows and lambs were heavy with their young. Community-wide limitations on diet helped make the food last until spring came.

To the medieval mind, the natural cycles of hunger and feasting, winter and spring, were sacramental symbols of Christ's life and death, experienced annually in ordinary life.

CASSEROLES & PIES

Awe and reverence, when supported by great love, is a sweet and delicious nourishment for our souls.

– JULIAN



⁘ BLAWMANGER

(Chicken & Rice Casserole)

“Strew on sugar before thou servest…”

⁘ 1 cup rice
⁘ 3 cups almond milk
⁘ 1 cup ground cooked chicken, dark meat only
⁘ dash of salt
⁘ 1/4 cup fried slivered almonds
⁘ sugar to garnish

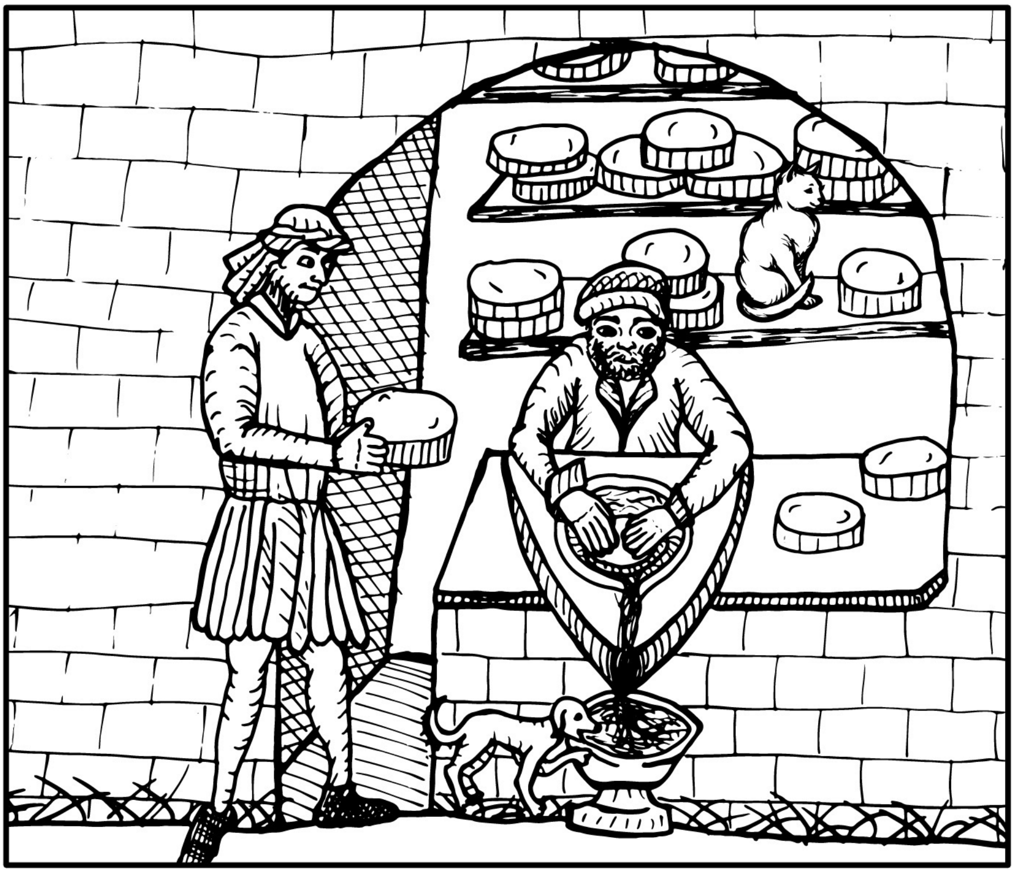
Bring to a boil the rice, milk, and salt. Reduce heat, stir in chicken, and cover. Stir occasionally, until liquid is absorbed and rice is fluffy. Garnish with almonds and a sprinkle of sugar.

Divine love adds sweetness to ordinary life.

Today’s modern blancmange *is a type of rice-pudding dessert and only bears a slight resemblance to its medieval forerunner. In Julian’s day, however, blawmanger was a* *popular dish that was any white pottage based on almond milk, and (except for a few fish-day versions for Lent) it contained ground poultry, thickened with rice flour.*

Our Mother Christ fed us, not with milk but
with the Blessed Sacrament, the food of life.

– JULIAN



⁘ CHEESE TART

"Do it in a trap, bake it, and serve it forth."

⁘ 8-inch pie crust

⁘ 6 eggs

⁘ 1 1/2 pounds fresh cheese
(brie, mozzarella, or Neufchatel)

⁘ 1 tablespoon ginger

⁘ 1/4 cup sugar

⁘ 8 threads of saffron (optional)

⁘ dash of salt

Mash cheese and egg yolks together. Grind saffron with the sugar to crush the threads. Add the salt and ginger. Pour into crust, and bake 50 minutes at 350ºF. Cool before eating.

This can be made as a large pie, as mini-pies, or even as muffin or mini-muffin sized pies. Adjust cooking time downward when using smaller pies.

Medieval tastes loved to add sugar to savory dishes. Modern sense of taste may prefer to leave out the ginger and sugar and replace with minced onions and pepper.

Each meal can be holy.

There's archeological evidence that people have enjoyed cheese since at least 5500 BCE . In Julian's day, most cheese was made from cow's milk, thanks to diseases that had decimated the sheep flocks of the land. Monastic houses were the primary producers of cheese. There were four main types of medieval cheese: hard (like cheddar), soft (a type of cream cheese), green (a very new soft cheese), and spermyse (cheese flavored with herbs).

Of everything that we do in life, this is the most pleasing to our Protector: that we share in the Trinity's circle of joy.

– JULIAN

⁜ EMBER DAY TART

(Cheese & Onion Tart)

“Fasting days and emberings be
Lent, Whitsun, Holyrood, and Lucie .”

⁜ 3–4 small onions, chopped

⁜ 2 bunches of parsley, chopped

⁜ 1 cup soft cheese (such as brie, ricotta, or fresh mozzarella)

⁜ 8 eggs, beaten

⁜ 1 tablespoon melted butter

⁜ 1/8 teaspoon saffron

⁜ 1/2 teaspoon salt

⁜ 1/4 cup dried currants

⁜ 1/4 teaspoon sugar

⁜ 1/8 teaspoon each cloves and mace

⁜ 1 nine-inch pie crust

⁜ optional spices: 1/2 teaspoon each of sage, basil, thyme, etc.

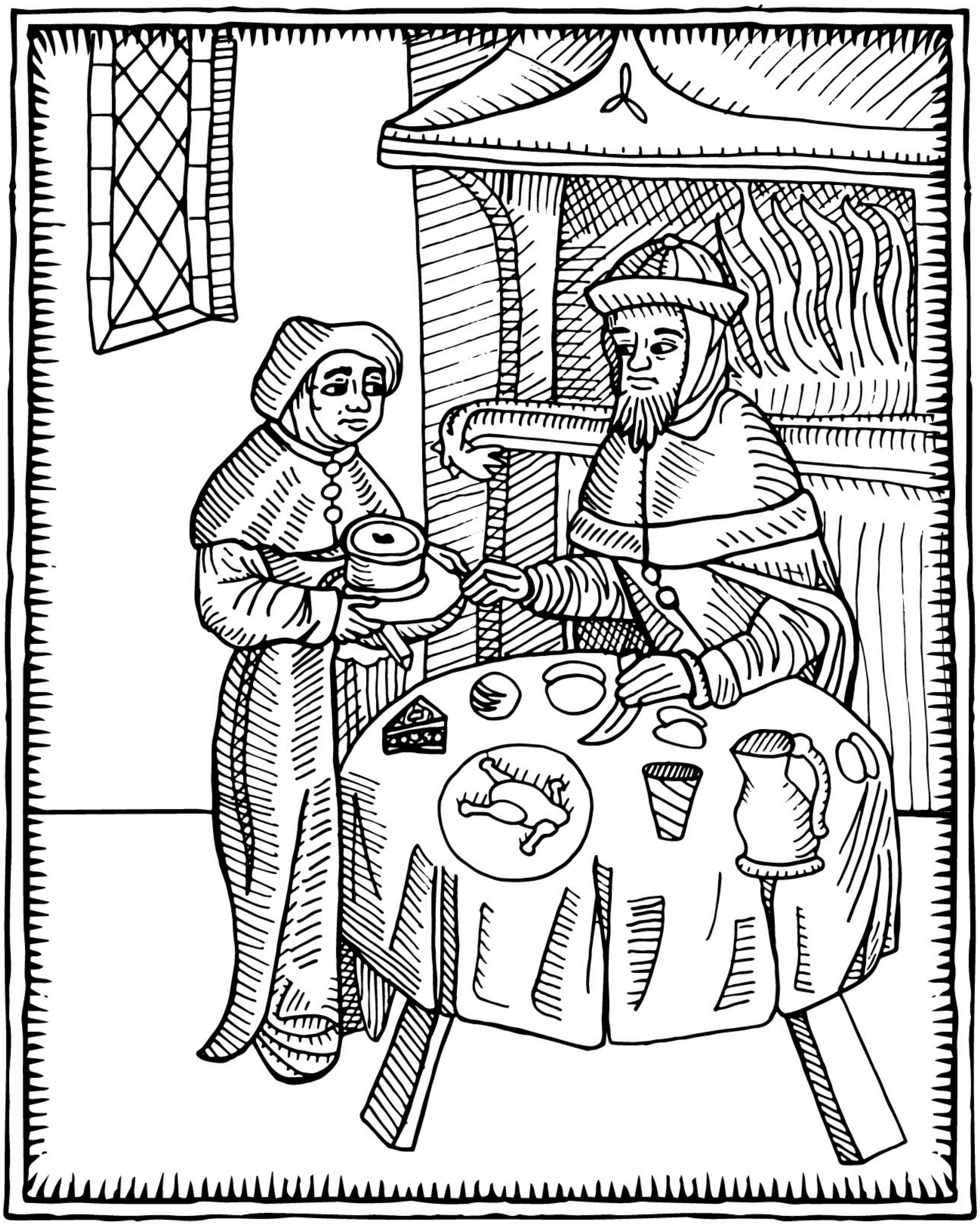
Sauté the onions and parsley; drain well. Mix with all other ingredients and place in pie crust. Bake at 350ºF for 35–40 minutes or until pastry is browned and filling is firm.

Each season of the circling year reveals God’s face.

Ember Days are three days of prayer that fall in each of the year's four seasons. Traditionally, these have been the Wednesdays, Fridays, and Saturdays that follow: St. Lucy's Day (December 13), the first Sunday in Lent, Pentecost (Whitsun), and Holy Cross Day (September 14). These were days to sanctify each season of the year. Julian and her community would have spent these days devoted to prayer, while abstaining from meat at mealtime. The word "ember" comes from the Anglo Saxon ymbre, which referred to cycles and circuits (in other words, the turning wheel of the year).

Awe and reverence, when supported by great love, is a sweet and delicious nourishment for our souls.

–JULIAN



⁜ LOSEYNS

(Lasagna)

"Take a good broth in an earthen pot …"

⁜ 1 pound lasagna

⁜ 4 quarts chicken broth

⁜ 1 tablespoons spices (such as oregano, thyme, basil)

⁜ 1/2 pound grated cheese (such as cheddar, Muenster, or Colby)

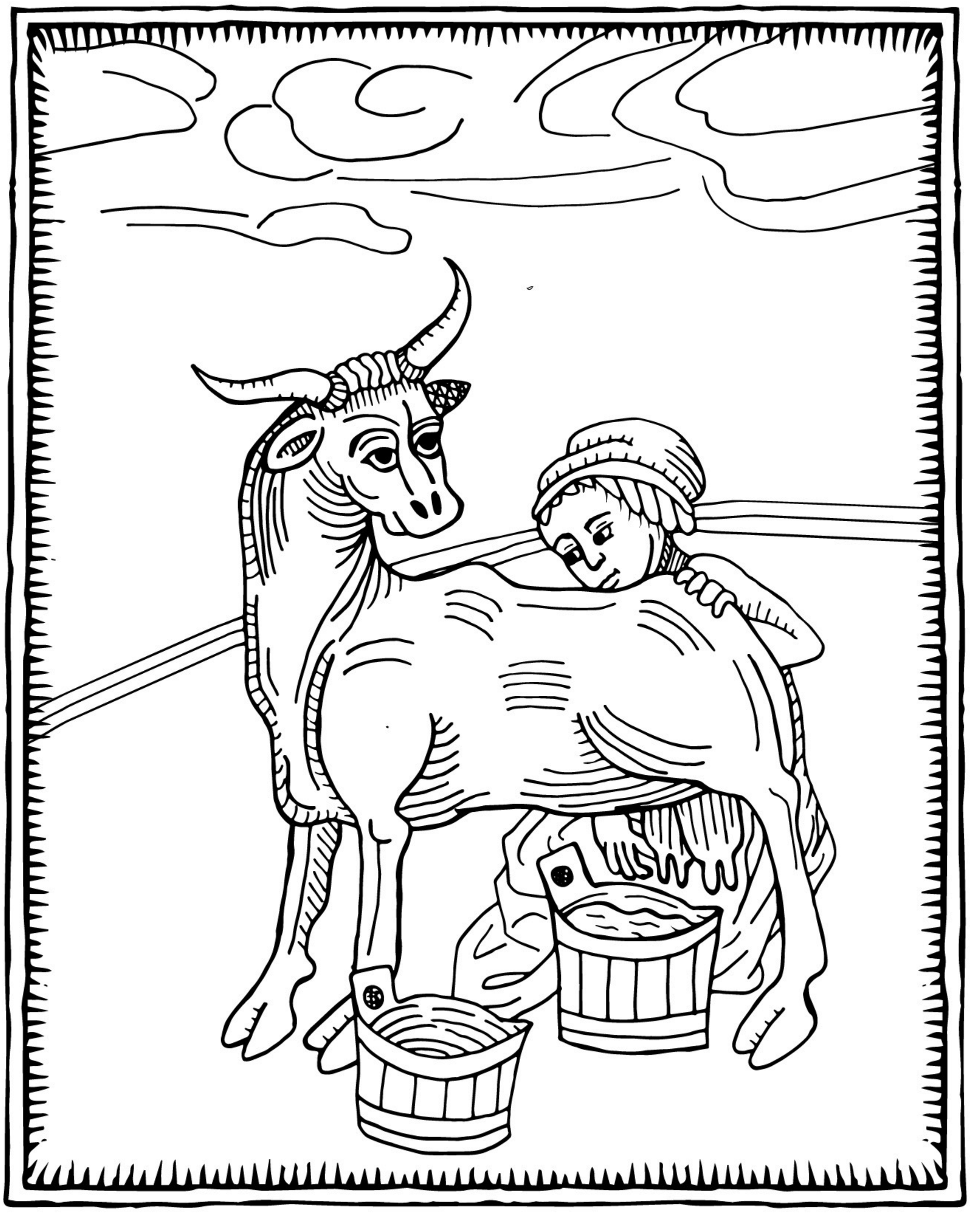
Bring broth to a boil, then place pasta in broth and cook until al dente. Divide pasta sheets, cheese, and spices into thirds. Grease the bottom of a casserole with butter. Place pasta, grated cheese, then spices in three layers. Bake at 350¡F for 30 minutes.

Spirits require nourishment as much as bodies.

We think of lasagna as an Italian food, but this dish would have been a familiar one in the English countryside where Julian lived. Made from "foils," which were made by *rolling a paste of flour and water until they were “thin as paper” and then “drying it hard,” this dish lacked the tomato sauce and meat that later Italian versions would require. The spices used in the fourteenth century would have more likely been cinnamon, nutmeg, and sugar.*

We are kept whole and safe, both in our human nature and by spiritual grace, fed by Christ's particular goodness.

– JULIAN



⁘ MAKEROUNS

(Macaroni & Cheese)

“Take cheese and grate it ...”

⁘ 1 pound egg noodles

⁘ 1 tablespoon oil

⁘ large pinch of salt

⁘ 2 cups grated cheese (cheddar or something similar)

⁘ 1/2 cup (1 stick) butter

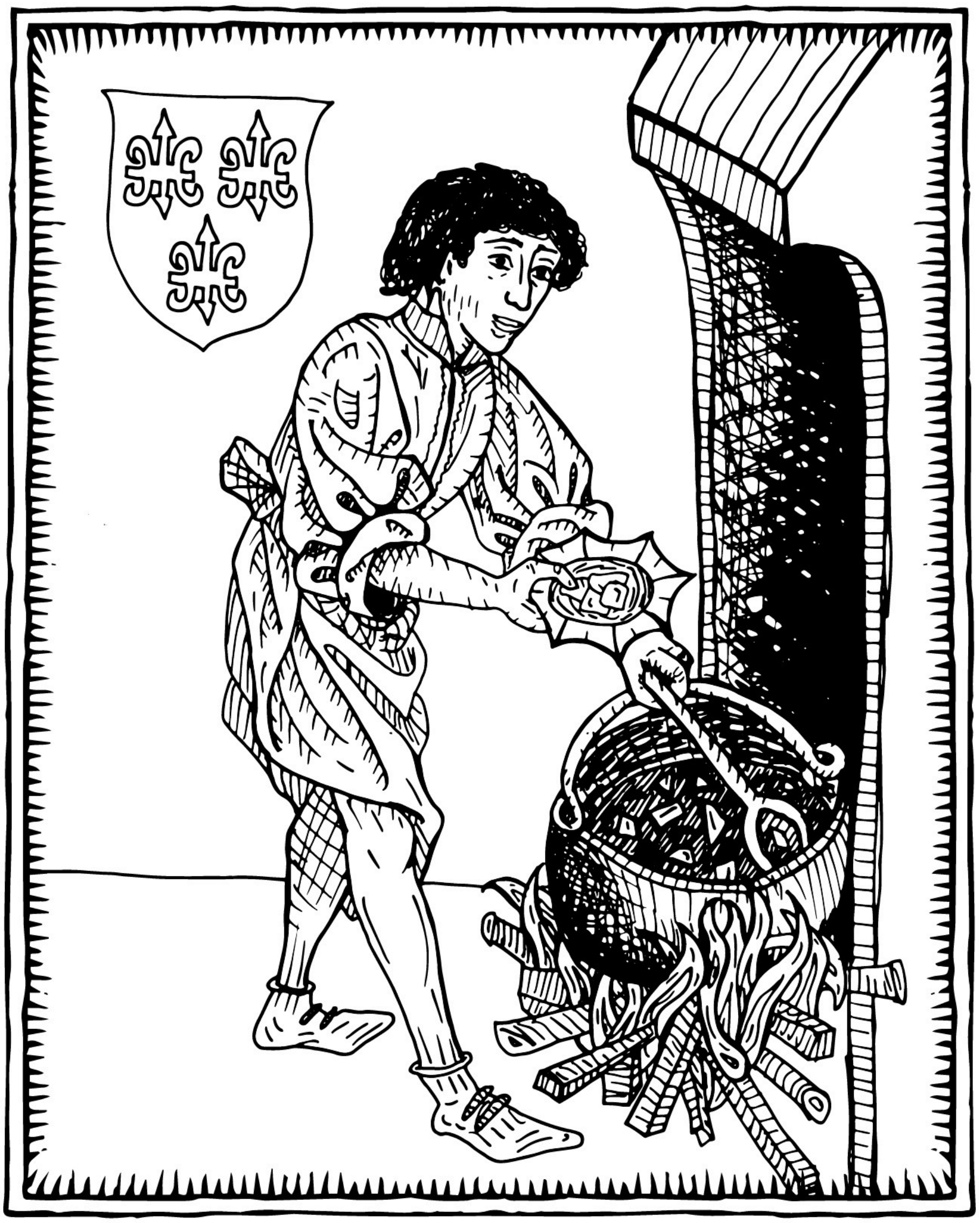
Boil noodles with oil and salt until al dente (tender-crisp). Drain well. In a casserole dish place some melted butter and cheese. Lay noodles on top and add more butter and cheese. Continue layering until all ingredients have been used. Bake at 350ºF for half an hour.

Christ feeds us daily.

This is basically the medieval version of mac-n-cheese. Julian’s “makerouns” would have been the shape of modern noodles, but they would not have contained eggs.

Christ birthed us into endless life; and ever since and ever more, He feeds us and nurtures us, with a mother's gentle familiarity.

– JULIAN



⁘ MEAT PIE

“Place in a pastry coffin ...”

⁘ 1 1/2 pounds meat
(beef, pork, venison, poultry, etc.
or any combination), parboiled and in
small chunks, ground, or mashed

⁘ 2 nine-inch pie crusts

⁘ 4 egg yolks

⁘ 1/2 to 1 cup meat broth
(The final mixture should be moist.)

⁘ splash of red wine

⁘ 1 to 2 cups total of any of the following,
separate or in combination: minced dates,
dried currants, raisins, minced figs,
ground nuts (almonds, walnuts, etc.),
grated cheese, etc.

⁘ 1/4 teaspoon salt

⁘ 1/4 teaspoon pepper

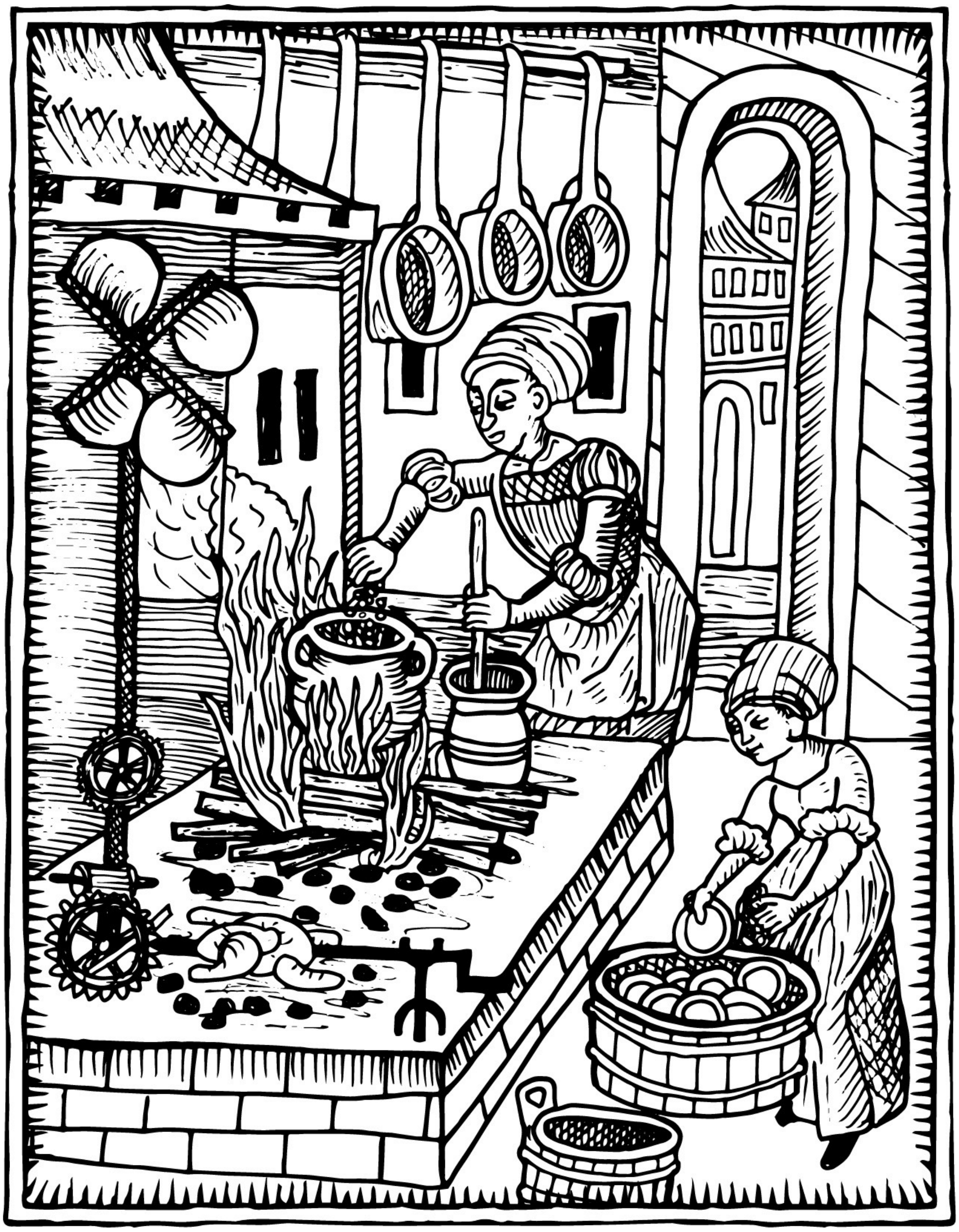
⁘ 1 –2 teaspoons total of any
of the following spices,
separate or in combination:
ginger, allspice, cinnamon, cloves,
nutmeg, cardamom

Mix well all ingredients. Place in pastry crust and top with the second crust, pinching together the edges of the two crusts. Cut one or two slits in the upper crust. Bake in a 350¡F oven for 45 minutes to an hour, or until the pastry is golden brown and the filling set. Serve hot or cold.

With each bite remind
yourself: you are loved.

Archeological evidence indicates that meat pies were eaten during the Neolithic Period, as early as 9500 bce. They first began to be called "pyes" during Julian's day. The word may have been taken from the magpie bird, which was known for collect-ing a variety of things in its nest.

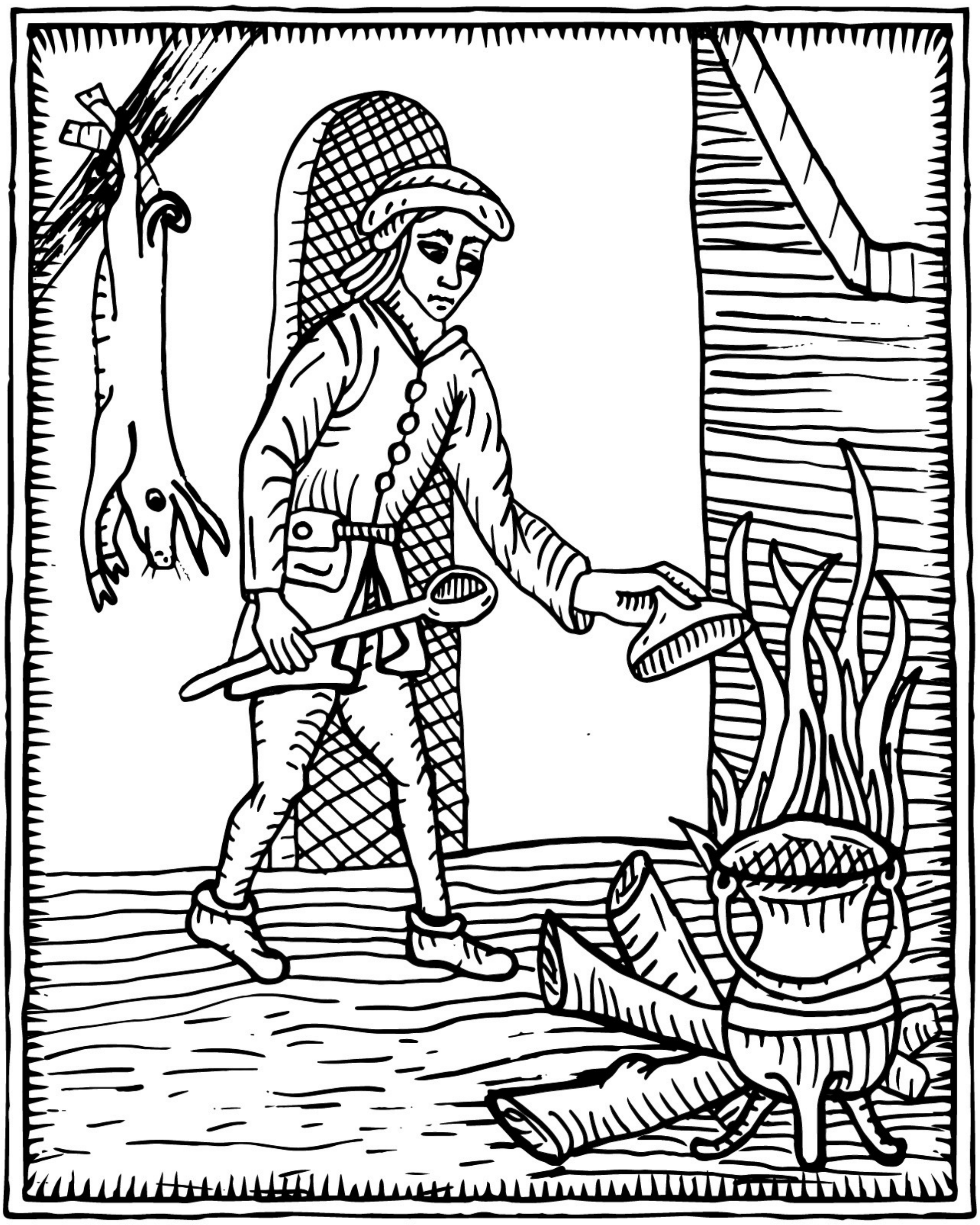
A "coffin" was a two-crust pie, while a "trap" was a one-crust pie.



VEGETABLES

We are not “absorbed” by the Divine,
nor do we “dissolve” into the Divine,
but rather Julian implies that we are embraced, nourished, held, and loved.

– ELLYN SANNA



⁘ POTTAGE

"Vary every month of the year, according to the herbs and roots that are in season ..."

⁘ 3 pints stock (about 6 cups)

⁘ 10 ounces dried split peas

⁘ 1 onion

⁘ 1 carrot

⁘ cubed ham (optional)

⁘ 1 teaspoon sugar

⁘ pinch of salt

⁘ season with parsley, marjoram, and/or thyme

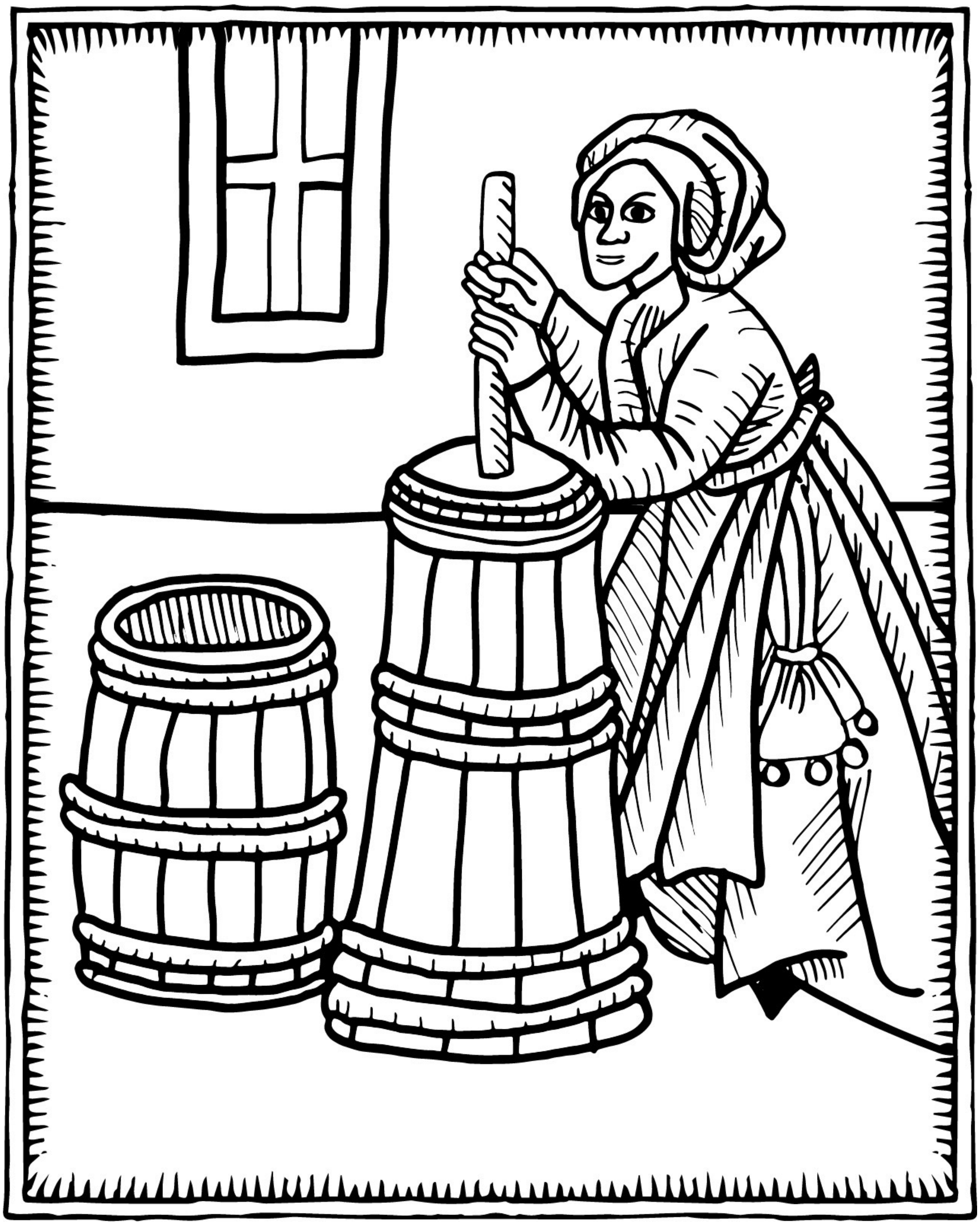
Put the stock into a large saucepan and bring to a simmer. Add the other ingredients. Bring to a boil, then lower heat to a simmer. Cook for about 1 1/2 hours. Serve in bowls with toasted bread.

Divine love is the
soul's nourishment.

Pottage was a staple during the Middle Ages. It was often kept cooking over the fire for days, with more ingredients thrown in as it was eaten. Ingredients would have been dried peas with whatever else was seasonally available in terms of greens, spices, or root vegetables. Meat byproducts such as ham hocks would have been used for flavoring when they were available.

We are rooted both in this world and in Divine mercy and grace; this is the soil that nourishes us, enabling us to receive the gifts that lead us to endless life.

– JULIAN



⁘ BUTTERED WORTES

(Greens)

"Take all manner of good herbs ..."

⁘ 8 cups of any combination of spinach, cabbage, beet greens, onion, leeks, parsley, etc., chopped

⁘ 1/2 cup (1 stick) butter

⁘ salt to taste

⁘ 1 cup diced toast or unseasoned croutons

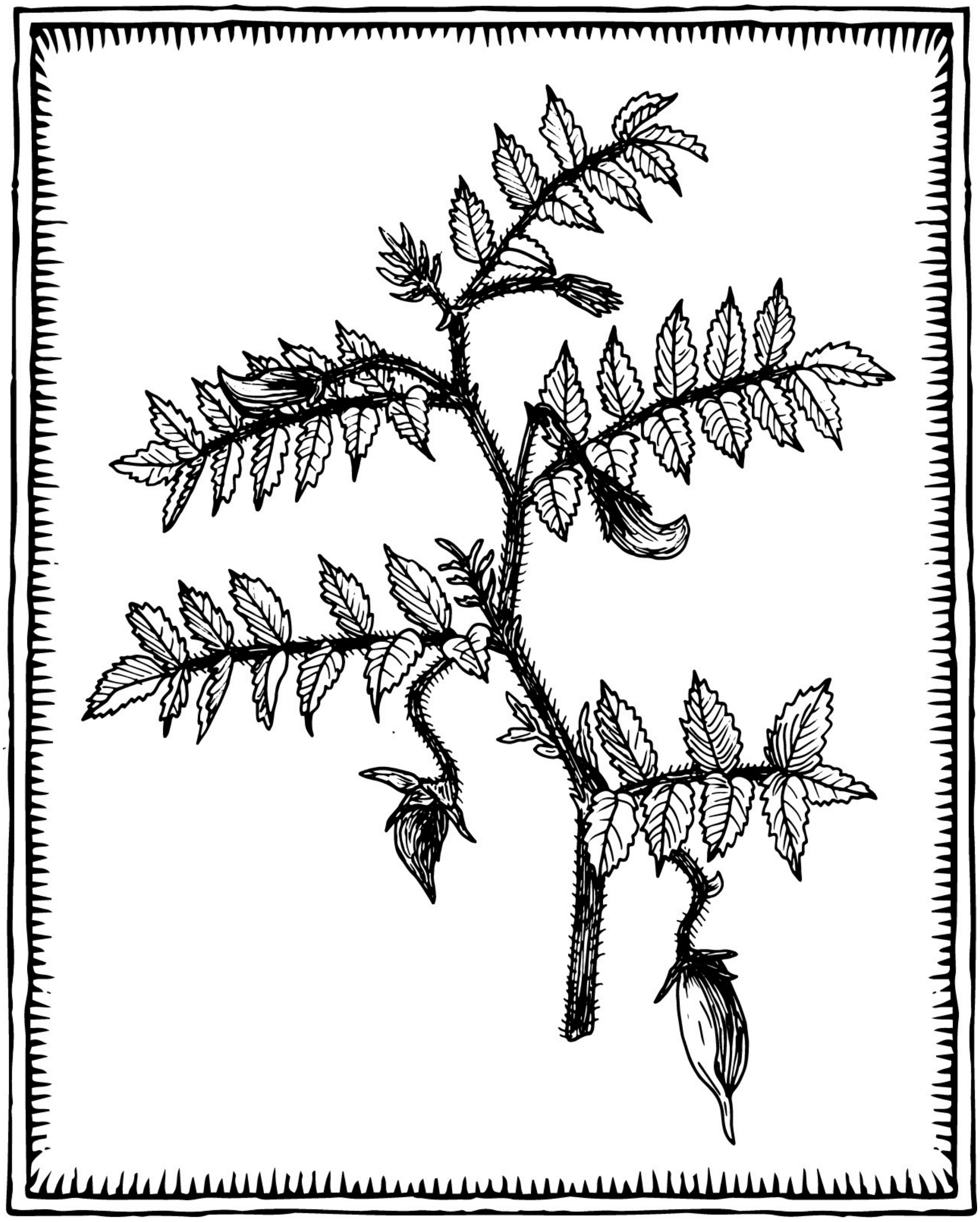
Cover greens with water. Add butter and bring to a boil; add salt. Reduce heat and cook until vegetables are tender; drain. Place toast or croutons in serving bowl and cover with cooked greens.

God feeds us with mercy and grace.

Wortes were vegetable greens, such as cabbage leaves, spinach, chard, and beet and turnip greens; members of the onion family, including leeks; and the plants used *for seasonings and spices, such as borage, parsley, and sage.*

Christ's sheltering love follows us continually throughout our entire life.

– JULIAN



⁘ CHYCHES

(Chickpeas)

“Seep it and mess it forth …”

⁘ 3 cups chickpeas, dried or canned

⁘ 2 cloves of garlic, peeled but left whole

⁘ olive oil

⁘ 1/2 teaspoon each pepper and cloves

⁘ pinch of saffron (optional)

⁘ dash of salt

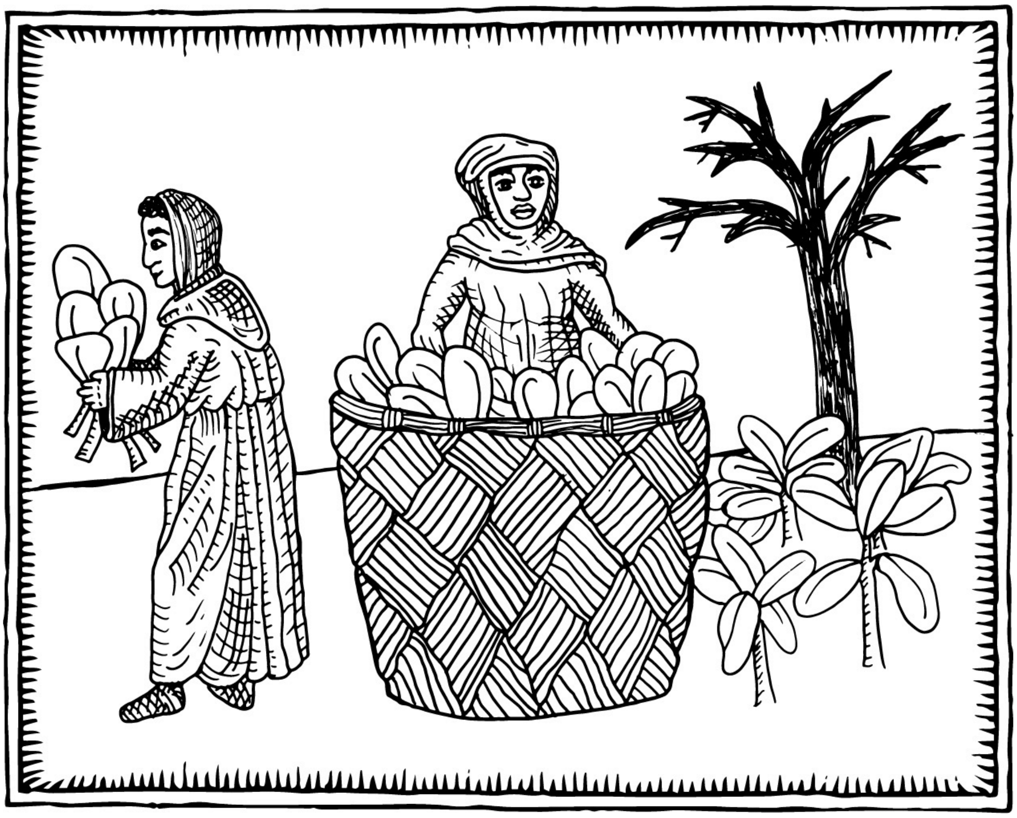
Place chickpeas in a pot with the garlic cloves; add enough water to come to about 1/4 to 1/2 inch from the top of the peas. Top off with olive oil, adding enough to just cover the peas. Add spices, and bring to a boil. Reduce to a simmer, and continue cooking until garlic softens, about 10–15 minutes. Remove garlic and serve.

Food and love
go hand in hand.

Chickpeas are one of the earliest cultivated legumes. In the Middle East, remains of *chickpeas have been found that are about 7,500 years old.*

The Divine says to us, “I am the authority of goodness living in all things.”

– JULIAN



⁘ COMPOST

(Pickled Root Vegetables)

“Cast together in a pot of earth …”

⁘ 3 parsley roots

⁘ 3 parsnips

⁘ 3 carrots

⁘ 10 radishes

⁘ 2 turnips

⁘ 1 small cabbage

⁘ 1 pear

⁘ 1/2 teaspoon salt

⁘ 1 cup vinegar

⁘ 1/4 teaspoon pepper

⁘ 1 pinch saffron, ground (optional)

⁘ 1 cup sweet white wine

⁘ 1/2 cup honey

⁘ 1 tablespoon mustard

⁘ 1/2 cup dried currants or raisons

⁘ 1 teaspoon cinnamon

⁘ 1 teaspoon anise seed

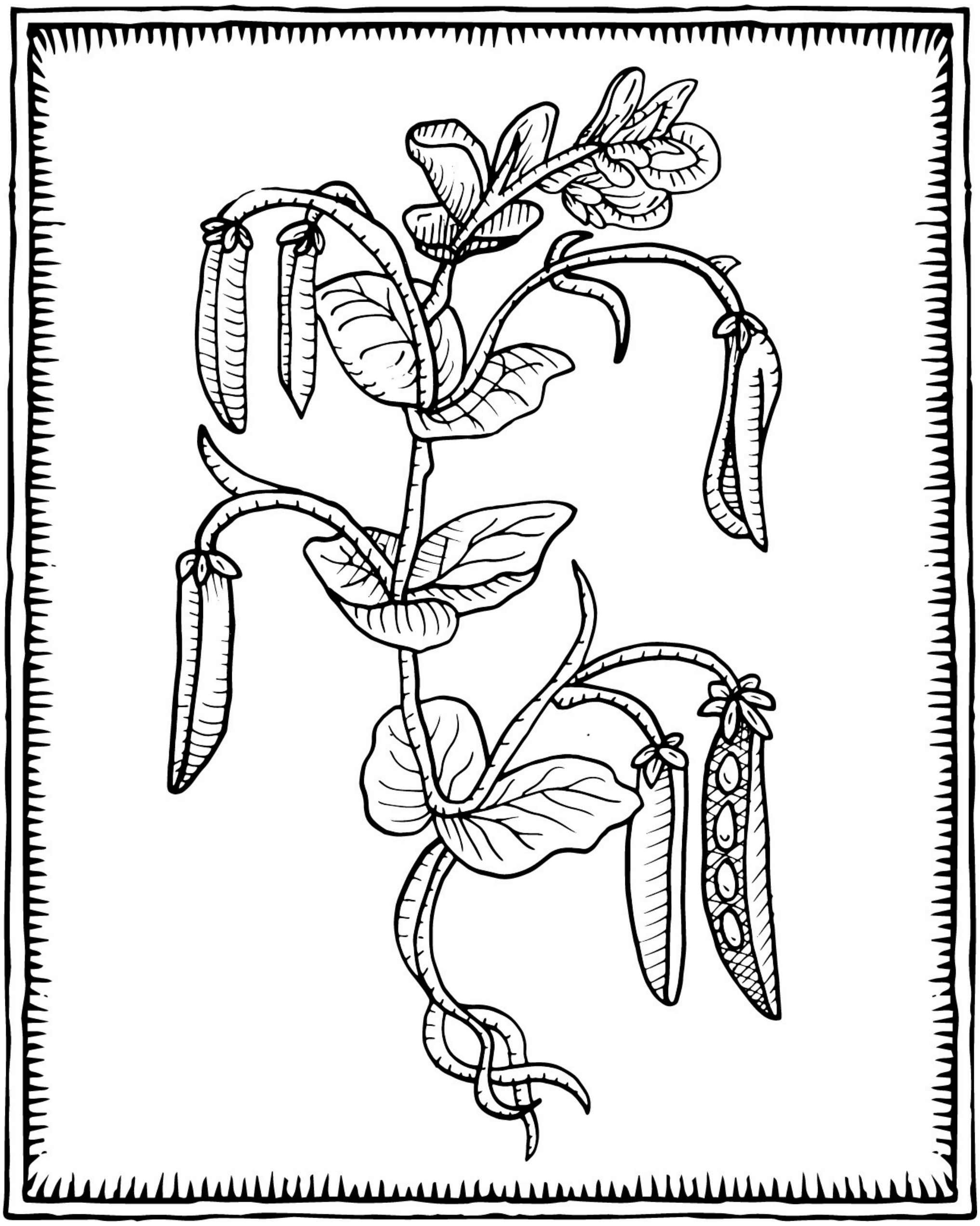
⁘ 1 teaspoon fennel seed

Peel vegetables and chop them into bite-size pieces. Parboil them just until tender, adding pears after about 5 minutes. Remove from water, place on towel, sprinkle with salt, and allow to cool. Then put mixture in a large bowl and add pepper, saffron, and vinegar. Refrigerate for several hours. Bring wine and honey to a boil in a saucepan, and then simmer for several minutes, removing any scum that forms on the surface. Let cool and add currants and remaining spices. Mix well and pour over vegetables. Allow to sit for 1–3 days. Serve cold.

The Earth overflows with
bountiful goodness.

Our True Mother, Jesus—All-Love, bears us into joy and endless life.

– JULIAN



⁜ PERRY OF PESOUN

(Dish of Peas)

“Boil them until they burst …”

⁜ 2 pounds dried peas

⁜ 2–3 small onions, minced

⁜ 3 tablespoons olive oil

⁜ salt and sugar to taste

⁜ pinch saffron (optional)

Put peas and onions in a saucepan and cover with water. Bring to a boil, then add the remaining ingredients and return to boil. Reduce heat slightly and cook until the peas are tender. Mash the peas and serve.

Life bursts with Divine joy.

In the Middle Ages, peas were one of the most basic foods. Instead of being picked when they were young and green, as we do today, they were left on the plant until they dried. This allowed them to be kept through the long winters, making them a precious *resource during times when other foods were scarce.*

Our good Protector reveals the Divine Being in a variety of ways, both in Heaven and on Earth.

– JULIAN

⁘ SALAT

(Salad of Lettuce & Herbs)

“Pluck them small with thy hand ...”

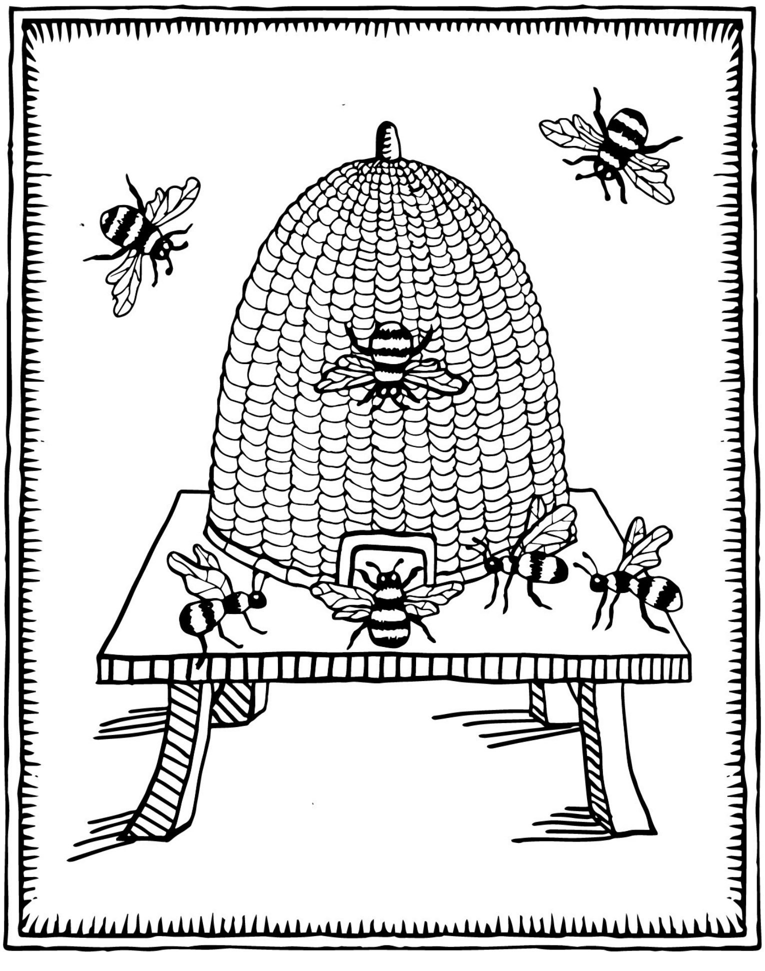
⁘ parsley
⁘ sage
⁘ garlic greens
⁘ scallions
⁘ lettuce
⁘ leeks
⁘ spinach
⁘ mint
⁘ green onions
⁘ fennel
⁘ rosemary
⁘ purslane
⁘ watercress
⁘ primroses
⁘ violets

You may not be able to find all of these ingredients, but do what you can! The exact amounts of each don’t matter, so simply use your judgment. Rinse leaves and remove stems. Tear the leaves into small pieces with your hands, and mix them well with oil, vinegar, and salt. The flowers can be sprinkled on the top as a garnish or mixed in with the other ingredients. Other edible flowers include begonia, nasturtium, chrysanthemums, clover, honeysuckle, and hollyhocks.

Life’s sweet variety
nourishes our hearts.

Salad was a typical starter for medieval meals whenever fresh leaves were available. Loaded with herbs and flowers, as well as greens, it was a rich source of vitamins.

SWEETS



God said to me, "I love you, and you love Me, and Our love for each other shall never be separated into two pieces."

– JULIAN

⁜ APPLE PIE

“Take good apples ...”

FILLING:

⁜ 8 large apples, peeled and sliced
⁜ 4 pears peeled and sliced
⁜ 1/2 cup raisins
⁜ 1/2 cup figs, sliced
⁜ 2 teaspoons cinnamon,
⁜ 1 teaspoon nutmeg
⁜ 1 teaspoon ginger
⁜ 1/4 teaspoon cloves

CRUST (THE “COFFIN”):

⁜ 2 cups flour
⁜ 1 teaspoon salt
⁜ 1 cup (2 sticks) butter
⁜ 1/2 cup milk
⁜ egg yolks for glazing

Mix crust ingredients together. Pinch off two-thirds of the dough to use as the base, and leave the remaining third for the cover. Pat and pinch the larger portion of dough into a bowl shape with a base that has an approximately six-inch diameter. Then make a seven-inch circle for the lid. Mix together the fruits and fill the bottom, then place the lid on top. Pinch the sides together. Bake at 350ºF for one hour. After an hour, use a pastry brush to apply the egg yolk to the crust and return to the oven for another twenty minutes.

Love is the great unifier.

The pie shell in this recipe was known as a coffin. In medieval times, the coffin itself was generally not meant to be eaten and was only a container for foodstuffs. Some historians suggest that upper-class folk ate the pie interior and left the coffin for servants and serfs to consume.

The fruit of our prayers is that we are united with God and made like Christ in all things.

– JULIAN

⁘ BAKED PEARS

“Put them in fine silver dishes …”

⁘ pears, cored

⁘ cinnamon and sugar to taste

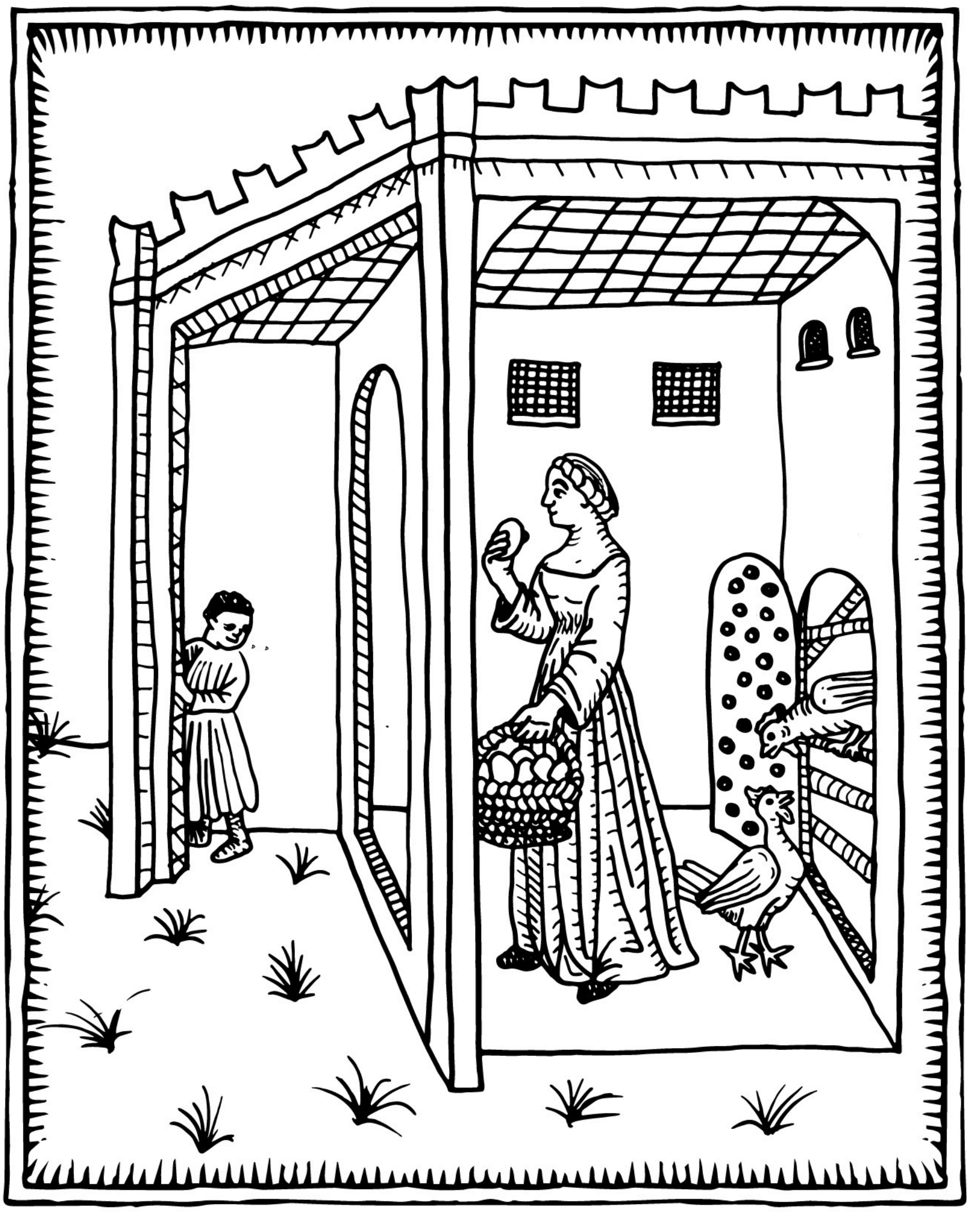
Place whole, cored fruit in a baking dish and bake at 400¡F until the fruit has completely turned a deep brown, about a half hour to 45 minutes. Sprinkle with cinnamon and sugar and serve.

Prayer produces sweet fruit.

Baked pears were thought to have medicinal properties. In Julian’s day, they would have been served to ill people.

Prayer matches our minds to God’s.

– JULIAN



⁘ DARYOLS

(Custard Tarts)

"Take cream of cow milk or almond ..."

⁘ 1 1/4 heavy cream (or almond cream)
⁘ 2 eggs
⁘ 1/4 cup sugar
⁘ pinch saffron (5–10 strands, crushed)
⁘ pinch of salt
⁘ pie crust

Blend eggs and sugar together and mix well. Avoid overmixing (do not beat to the point that it begins to foam). Slowly add cream and mix. Add saffron and salt. Fill pie crust and bake at 350ºF for approximately 30 minutes, or until the pie is set. It should jiggle a little in the center. Allow to cool completely and refrigerate before serving.

Divine love nourishes us.

The medieval daryol was usually a small tart, about two inches in diameter.

God takes joy in a relationship with humanity.

– JULIAN

⁜ CRISPS

“Swing together to make a batter …”

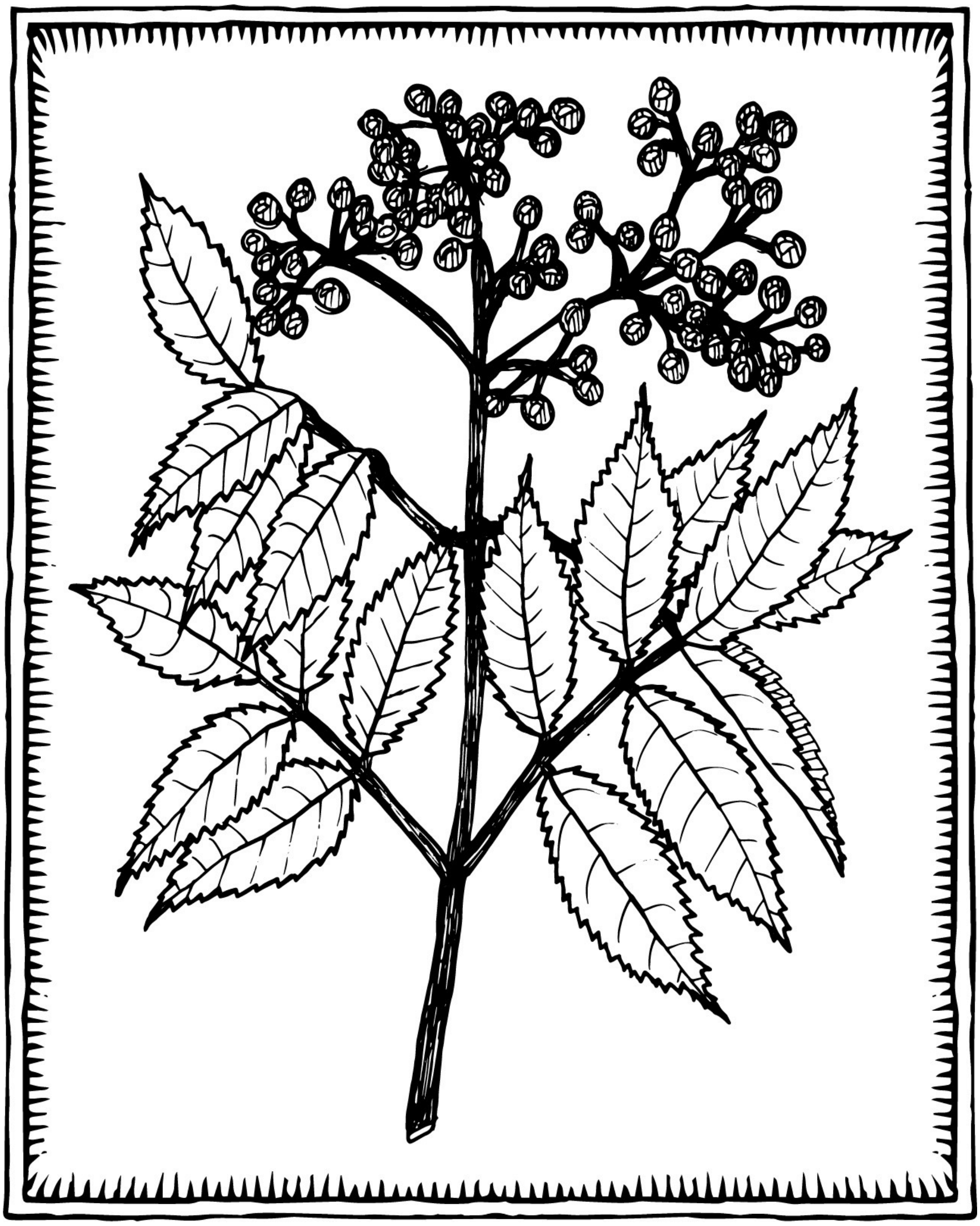
⁜ 1 cup flour
⁜ vegetable oil for frying
⁜ 8 egg whites
⁜ 1 cup water
⁜ 1 tablespoon honey

Place oil in deep fryer or sauce pan and heat to 375ºF. Combine water, honey, and egg whites and whisk together until mixed. Add egg-white mixture to flour and gently mix until batter is formed. Drop batter by rounded tablespoon into hot oil and fry until golden brown. Flip to cook evenly. Drain on paper towel and serve. Top with confectioner’s sugar and/or honey.

Taste Divine joy.

The soul is made for love, a love where God endlessly affirms her.

– JULIAN



⁜ SAMBOCADE

(Elderflower Cheesecake)

"Bake with rosewater ..."

⁜ 1 nine-inch pie shell

⁜ 1 1/2 lbs. cottage cheese

⁜ 1/3 cup sugar

⁜ whites of 3 eggs

⁜ 2 tablespoons dried elderflowers

⁜ 1 tablespoon rosewater

Combine all ingredients and blend thoroughly. Pour mixture into pie shell. Bake at 350ºF for 45 minutes to an hour, or until filling has set and the crust is a golden brown. Let cool and serve.

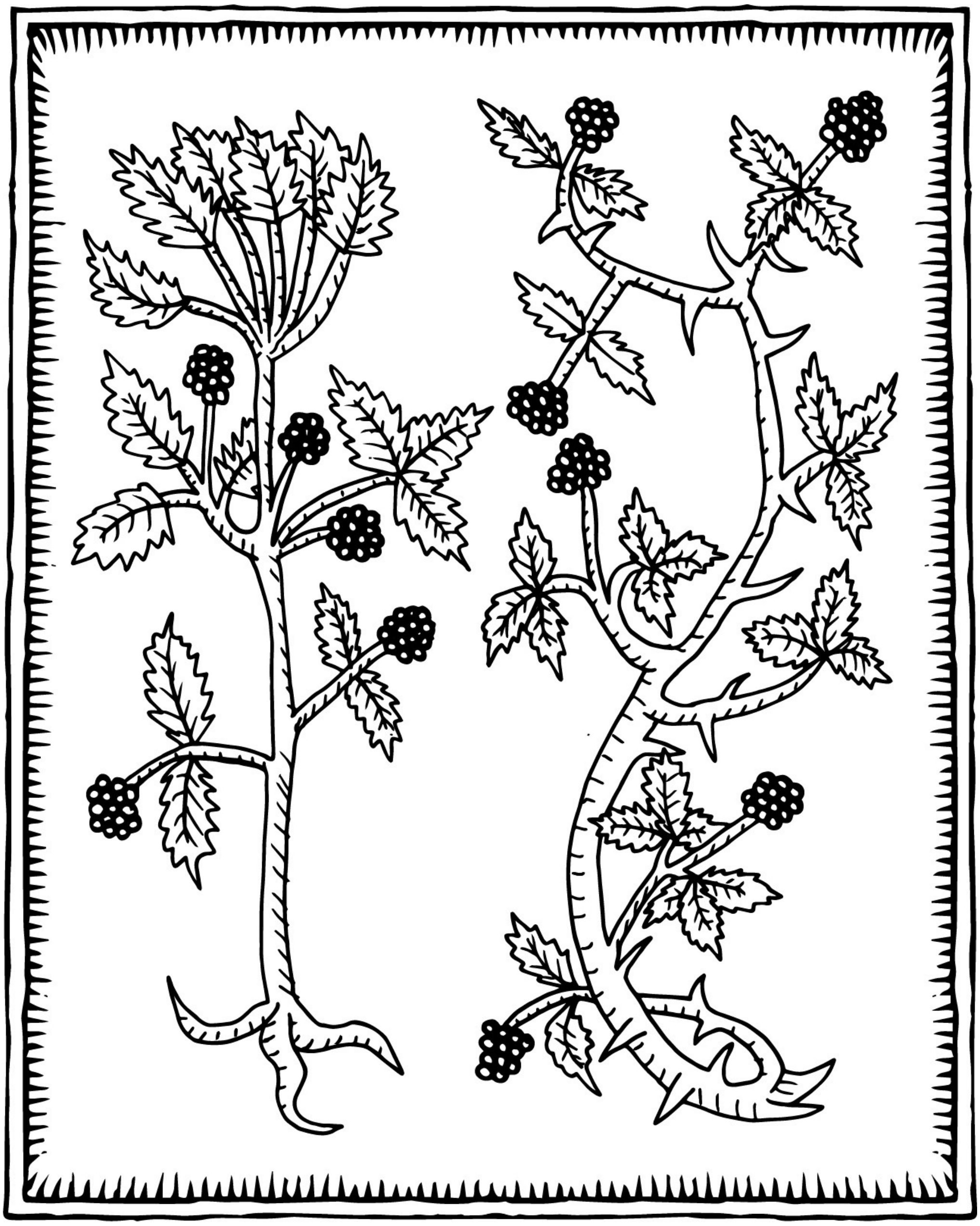
Elderflowers can be found at natural food stores or herb and spice stores. Rosewater can be found at Asian grocery stores.

Let love blossom in your life.

Elderflowers have numerous medicinal qualities. In the Middle Ages, food was not only expected to taste good; it was also meant to heal and prevent disease.

Our souls have two duties: first, to marvel in awe, and second, to humbly endure, all the while enjoying ourselves in God’s presence.

– JULIAN



⁘ FRUIT & HAZELNUT CRUMBLE

“Chop the nuts fine ...”

⁘ 2 1/2 pounds mixed summer fruit (raspberries, loganberries, strawberries, raspberries, blackberries, blueberries, red currants, or whatever is available)

⁘ honey or brown sugar

⁘ 1/2 cup toasted hazelnuts

⁘ 1/2 cup whole-wheat breadcrumbs

Put the fruits in a pan or microwave dish with about an inch of water in the bottom and cook gently for 10 to 15 minutes, or until the fruit has become soft. Sweeten to taste with honey or brown sugar (people in the Middle Ages would have used honey).

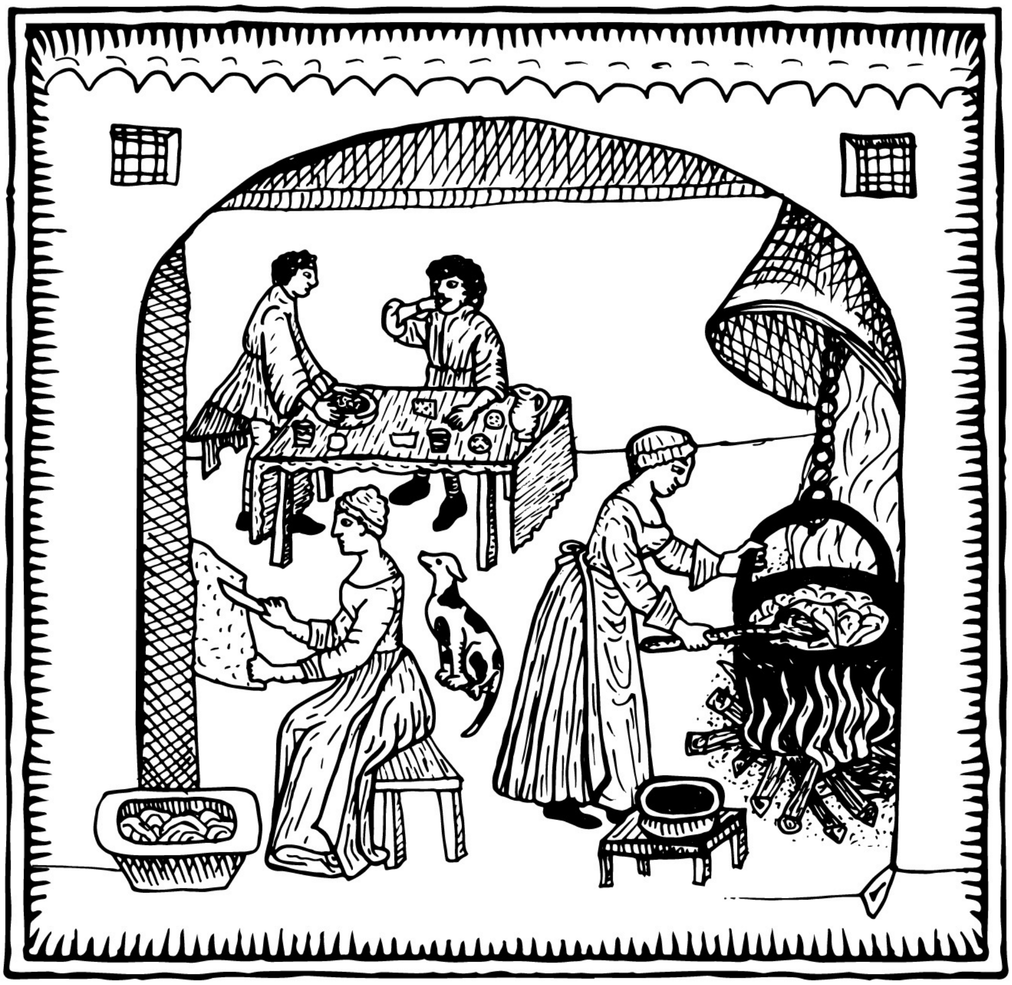
Chop hazelnuts in a food processor until they are around the consistency of bread crumbs, and then mix with the breadcrumbs.

Spoon the fruit into a baking dish and cover with a thick layer of the hazelnut and breadcrumb mix. Bake at 350ºF for between 20 to 30 minutes or until the top is slightly crunchy and browned.

Serve with cream or a plain yoghurt

We were created for joy.

In Julian's time, a baked dessert like this would have been sunk into the embers of a fire with a cauldron or pot upturned over it to form a lid.



SEASONINGS

I have complete confidence in the endless love that will keep me safe by God's mercy and bring me to Divine bliss.

– JULIAN

⁘ HORSERADISH SAUCE

"Lay them to soak in fair-water …"

⁘ 1 large horseradish root

⁘ 1/4 cup vinegar

⁘ 1 tablespoon sugar

Peel horseradish root. Cut into large chunks. Soak in clean water for one hour. Scrape on a grater. Add vinegar and sugar and stir. Refrigerate until used.

A bitter herb to remind us that struggle and strife too lead us to the Divine.

In the Middle Ages, horseradish was cultivated for both culinary and medicinal purposes. It was used for treating all kinds of ailments, from infected cuts and intestinal worms to arthritis and chest congestion. The root and leaves were eaten as a vegetable. The recipe on the previous page would have been used as a flavoring for meat. The root was also used as a bittering agent, like hops, in beer.

We are in all ways enclosed by God’s gentleness, humility, and kindness, by the Divine eagerness to give us joy.

– JULIAN

⁜ STRONG POWDER

"For savory fare ..."

- **1/4 cup powdered ginger**
- **1/4 cup ground cinnamon**
- **1/2 cup black pepper**
- **1 1/2 teaspoons ground cloves**

Combine all ingredients together and place in a sealed jar. Use in meat and fish dishes.

Experience the savor of life.

Strong Powder, also known as Poudre Fort *, was one of the spice blends that was commonly used in the Middle Ages. Each cook would have had their own unique version, with pepper and cinnamon being the most common ingredients.*

Our good Protector reveals the Divine Being in a variety of ways, both in Heaven and on Earth.

– JULIAN

⁜ POWDER DOUCE

(Fine or Sweet Powder)

"Grind to a powder ..."

⁜ 2 1/4 tablespoon ginger

⁜ 1/2 tablespoon cinnamon

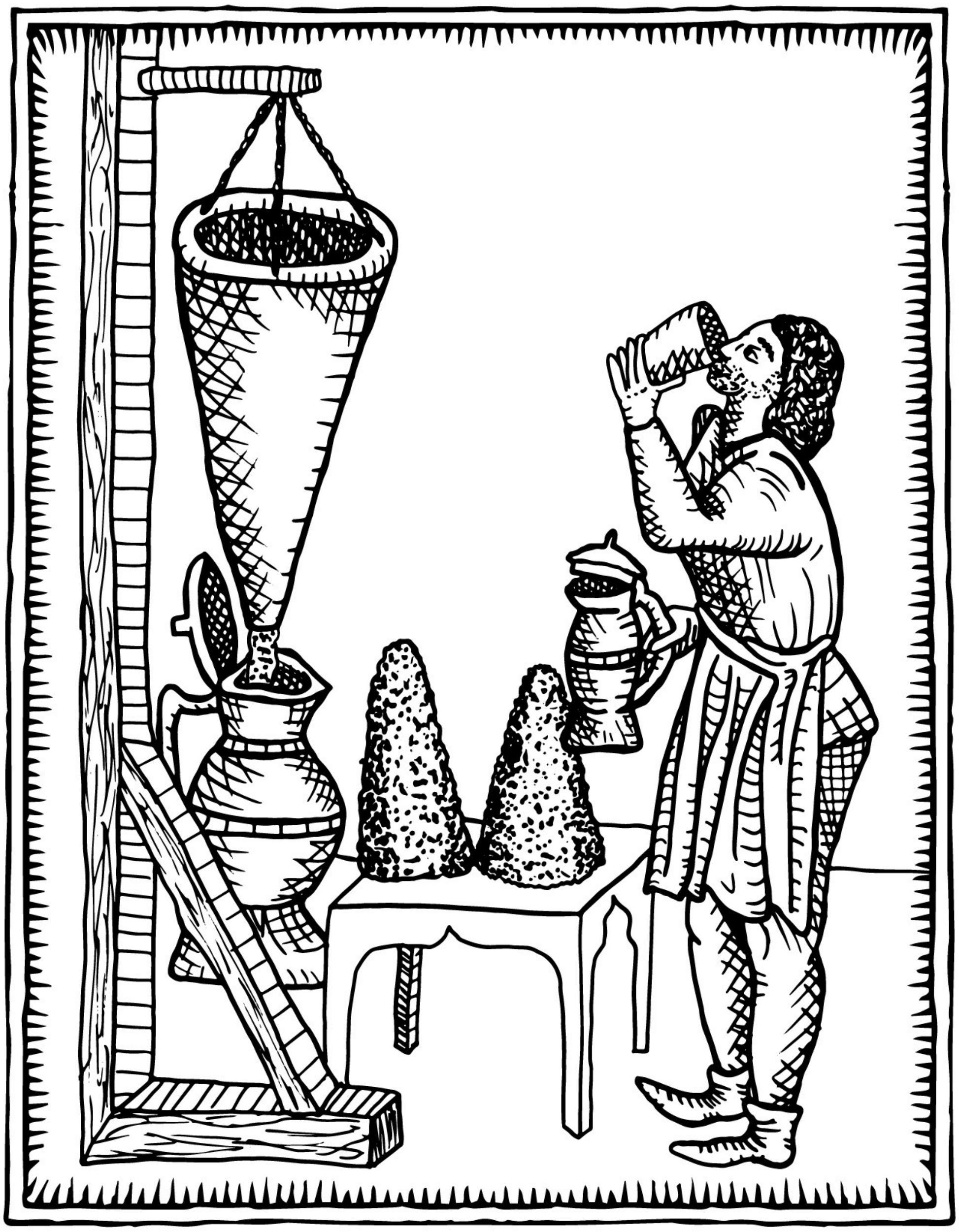
⁜ 1/4 tablespoon cloves

⁜ 1/2 tablespoon sugar

Combine all ingredients together and place in a sealed jar. Use to season desserts and sweet dishes.

Look for life's sweetness.

Like Strong Powder, Powder Douce was a common medieval combination of spices, used in many recipes. Although each cook might personalize the blend of spices, ginger and sugar were the two ingredients all Powder Douce had in common.



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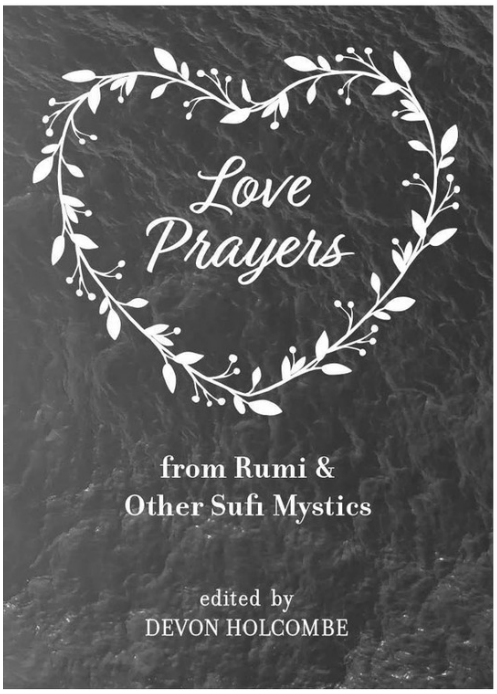

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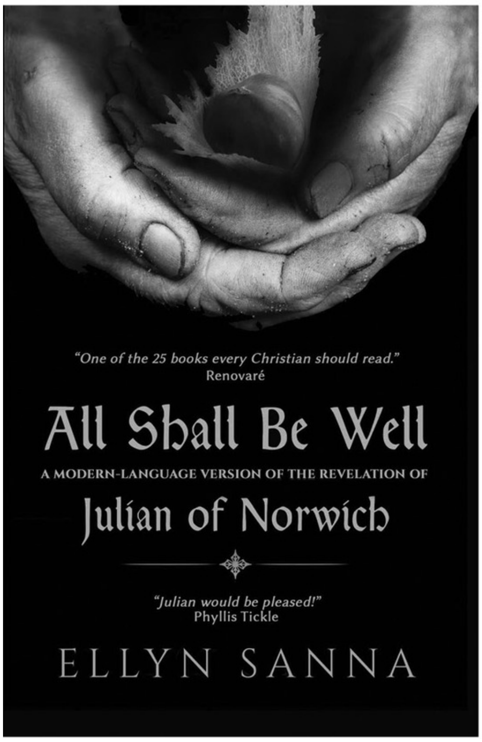
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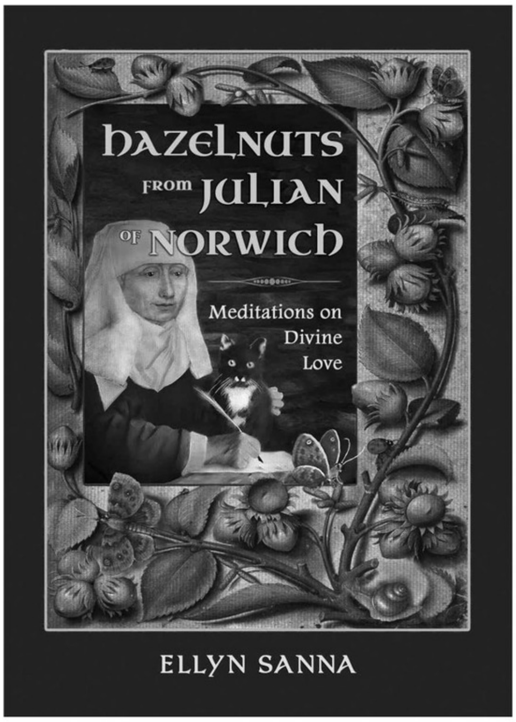
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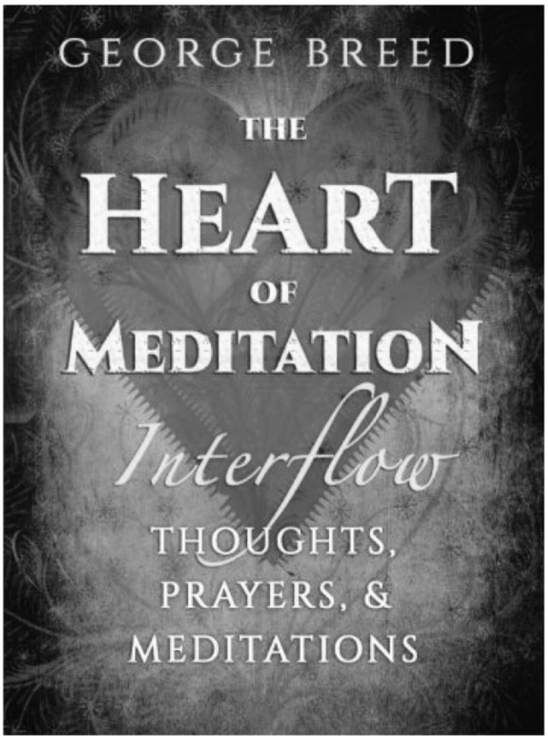

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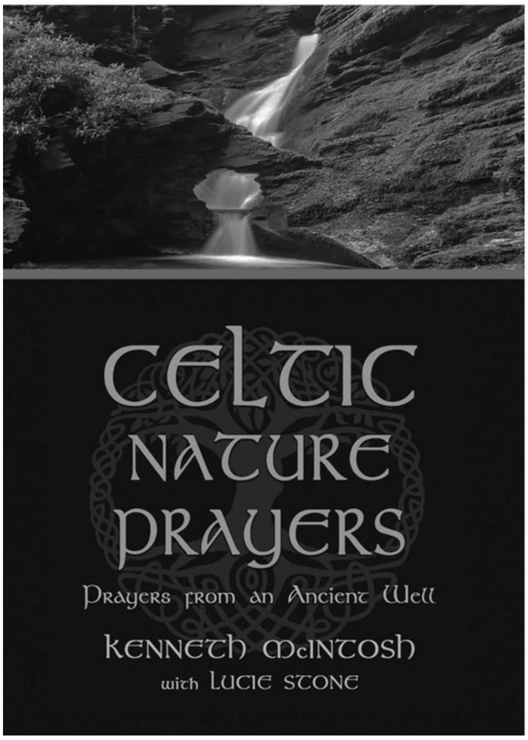
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